

Ski Mountaineering: new sport on the slopes

Typically lasting just three minutes, ski mountaineering races are designed to showcase core back-country skills – uphill efficiency, fast transitions and speedy descent – all in a sprint format

EQUIPMENT

Ski: Notched to quickly attach and detach “skins”

Underside

Skins: Originally seal skins were used. Direction of mohair towards ski tail

1 Skin climb

One-third of course
Fibre direction allows uphill glide, backward pressure grips surface

Bindings unlocked to allow back of boot to lift

Pole

Single section for greater rigidity, greater transfer of power. Long grip handle allows it to be held shorter when skiing downhill

2 Bootpack

One-third of course
Skis off, carried on pack, run uphill in boots following **bootpack** line

Using full length of pole

3 Skin climb

One-third of course

4 Fast transition

Switch from skinning uphill to skiing downhill: skins off, boots into ski mode, bindings locked

5 Descent

Extra light equipment for hauling uphill – unlike alpine skiers' heavier gear to aid gravity

Helmet just 300g



Boots 510g



Helmet just 300g

5 Descent



Minimum length
Men 160cm / women 150cm
Maximum width 68mm