



## Individual Gear List For Backcountry Ski Tours

**A Useful Reminder:** Remember, nothing can ruin a day in the outdoors faster than having the wrong clothes for the weather at hand. All our programs, especially backcountry skiing, are subject to rapid and severe changes in the weather. Select garments that are warm, lightweight and durable. Generally speaking, the best

arrangement is to think in terms of layers - a system that dries quickly, allow flexibility and resists wind, water and abrasion. If you have doubts about a specific garment's appropriateness confer with your guide in advance about conditions you are most likely to experience. In many circumstances we have recommended specific products or brand names. There are many comparable products out there: these are only personal favorites. We are more than happy to advise you on equipment if you have questions.

**Clothing** Carry items that are breathable, allow flexibility, resist wind and water, and based on a layering system. \*\* Some of the clothing and gear below are season dependent. **Please confer with your guide about current conditions and/or if you have any questions. Some of the items listed below are available as rental gear.** Many of the items listed below are available as rental gear. Please see our Rental Equipment form.

\_\_\_ **Boots** – Alpine touring or plastic telemark boots are recommended. Lighter, softer boots are typically better for touring and walking, while heavier, stiffer boots provide more downhill control. Strive to find a happy medium.

\_\_\_ **Gaiters** – Generally only necessary if your pants don't cinch around your boot cuff.

\_\_\_ **Socks** – Wool or synthetic. Avoid cotton. A single medium weight pair is best. A pair of liners with a medium sock also works well.

\_\_\_ **Pants** – Synthetic preferred. Pants made from Schoeler Fabric such as Patagonia's "Guide Pants", or Black Diamond's "Alpine pants" are great options. We live in these all winter.

\_\_\_ **Long Underwear top** - Capilene or polypropylene recommended.

\_\_\_ **Fleece top** - A light fleece (100 weight) or wool shirt Patagonia's R1 top is ideal.

\_\_\_ **Jacket** - Synthetic, pile or wool. Patagonia's "puffball" or similar synthetic is a great option as its lighter, warmer and more packable than fleece.

\_\_\_ **Shell gear** - Gore-tex parka with hood and pants/bibs as lightweight as possible.

\_\_\_ **Gloves**- Two pairs: one insulated with shell, the other lightweight, such as a windstopper fleece or nordic ski glove. Mittens are not recommended.

\_\_\_ **Sun cap/hat** - Quick drying preferable.

\_\_\_ **Warm Hat** - A wool or fleece ski hat.

## Skiing Gear

\_\_\_ **Skis** - In general the wider the better. Modern skis seem to get wider and wider each year, yet still ski a variety of snow conditions extremely well. A wide, medium stiffness ski with short turn radius is ideal. This gives you the ability to make short, quick turns on steeper slopes, and float well through challenging snow.

\_\_\_ **Poles** - Adjustable poles are great. Alpine length for downhill skiing, longer for long sections of skating or double poling.

\_\_\_ **Ski Strap** - Something to hold your skis together on your pack or your shoulder.

\_\_\_ **Climbing skins** - Should be trimmed to fit the shape of your ski. You want to make sure you still have some metal edge showing at the waist of the ski, though no more than about 2mm on each side.

\_\_\_ **Transceiver** - We will supply single frequency 457 kHz Backcountry Access models for your use. If you have a beacon of your own that you are more familiar with, you are welcome to bring it. Bring fresh batteries to start the tour.

\_\_\_ **Shovel** - If you own a shovel, bring it, otherwise let us know and we can provide one

\_\_\_ **Probe** - If you own a probe, bring it, otherwise let us know and we can provide one.

## Miscellaneous Gear

\_\_\_ **Pack** - Around 2000 - 2500 cubic inches is ideal. Much bigger and the pack gets too heavy and does not hug your body while skiing. If you are going light, this size should hold all of your gear. Be sure it has ski attachment points.

\_\_\_ **Headlamp** - A necessary tool for early starts and short days. A lightweight LED model will work fine. I reverse one of the batteries in my Petzl Tikka to make sure it doesn't turn on in my pack.

\_\_\_ **Water bottles** - Carry at least 2 quarts. Hydration bladders work well. An insulated sleeve for your tube is crucial in winter. A thermos is also a nice treat when the weather is cold or stormy. I carry a 1-liter collapsible platypus, and a .5 liter thermos.

\_\_\_ **Food** - Enough lunch food for a high calorie day. Focus on quality foods with adequate fats and calories.

\_\_\_ **Sunscreen/ lip protection** - SPF higher than 30. A small tube will be plenty. Many Dermatone products work for both skin and lips.

\_\_\_ **Sunglasses** - With 100% UV protection. Consider wearing with retention straps. Changeable lenses are great for variable light conditions. Smith's slider series offers this option.

\_\_\_ **Goggles** - Essential when its dumping or skiing face shot powder.

\_\_\_ **Foot protection** - For blisters and hotspots. Molefoam , athletic tape and Spenco's second skin all work well. Not necessary if you have no boot issues.

\_\_\_ **Repair Kit** - Bring any spare parts specific to your bindings. We carry a full repair kit and a leatherman tool, so keep yours simple and light.

## Optional Gear

\_\_\_ **Camera/film**

\_\_\_ **Pocket Knife** - Simple and Light.