



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST - **BACKCOUNTRY SKIING DAY TRIPS**

TRIPS COVERED BY THIS LIST:

- Washington Pass Backcountry Skiing
- Stevens Pass Backcountry Skiing
- Women's Backcountry Skiing Clinics

A NOTE ABOUT EQUIPMENT LISTS: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs 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. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment's appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight.

CLOTHING

Head, Hands & Feet

- Warm Hat
- Sun Hat
- Buff
- Lightweight Gloves (for uphill; softshell)
- Heavyweight Gloves (for downhill; waterproof and breathable)
- Ski Socks

Upper Body Layers

- Lightweight Base Layer Top
- Lightweight Fleece jacket
- Softshell Jacket with Hood
- Puffy Jacket with Hood
- optional: Hardshell Jacket (recommended during heavy snow forecasts)

Lower Body Layers

- Lightweight Baselayer Bottom
- Softshell or Hardshell Pants

ACCESSORIES

- Backpack (30-40 Liters, designed for skiing)
- Sunglasses
- Goggles

ACCESSORIES *continued...*

- Sunscreen and spf lip balm
- Water & Food (we strongly recommend **not** using drink hoses during winter trips)
- Headlamp
- Blister Kit
- optional: Ski Helmet

SKI / RIDE

- Skis or Split Board (we recommend tech/pin bindings and skis > 105mm waist width for winter conditions)
- Climbing Skins (sized and cut for your skis or board)
- Ski or Snowboard Boots
- Ski Poles (collapsible for split boarders)
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AVALANCHE SAFETY (these may be rented from NCMG)

- Transceiver (3 antenna, less than 5 years old)
- Shovel (metal blade required)
- Probe (240cm or longer)

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