



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST – **European Ski Touring**

TRIPS COVERED BY THIS LIST:

- Ortler
- Haute Route
- Urner Haute Route
- Silvretta & Dolomites

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 Sun Hoody Top
- Lightweight Fleece jacket
- Softshell Jacket with Hood
- Puffy Jacket with Hood
- Hardshell Jacket

Lower Body Layers

- Lightweight Baselayer Bottom
- Softshell Pants

ACCESSORIES

- Backpack (35-45 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
- Climbing Skins (sized and cut for your skis or board)
- Ski or Snowboard Boots
- Ski Poles (collapsible for split boarders)
- Ski Strap
- Repair kit (critical for telemark or split board set ups)
- Ski Crampons

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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CLIMBING / TECHNICAL (these may be rented from NCMG)

- Ice Axe (*lightweight*)
- Boot Crampons (*recommend aluminum for weight savings*)
- Climbing harness (*a lightweight ski mountaineering model such as the Black Diamond couloir*)
- 2 Locking Carabiners

HUTS

- Sleeping Bag Liner (*required by most huts*)
- Snack Food (*we will buy picnic lunches at the huts and candy bars are available, but some additional energy gels / bars are helpful*)
- 1 extra T-shirt and 1 extra pair of underwear to change into in the huts
- Toiletries / Prescriptions (small)
- Ear Plugs
- Hand Sanitizer
- Cash (*for buying drinks, chocolate, etc. at the huts*)

TRAVEL

- Large Duffel
- Ski Bag
- Passport
- Credit Cards, Debit Cards, Cash
- Travel Clothing

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