

Mount Waddington Ski Mountaineering Equipment list

The equipment and clothing you bring will have a big impact on the quality of your trip. Make sure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for the group).

Temperatures can vary widely in the springtime. They can increase from -20°C overnight to $+10^{\circ}\text{C}$ on sunny days. For clothing use the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Layers that can be put on and taken off fast if weather conditions change during the day. If you have any questions about anything please contact us.

Technical Equipment

- Alpine Touring skis (lightweight bindings like Dynafit or Silvretta Pure is recommended)
- Alpine touring boots (With Vibram sole)
- Ski poles (with regular powder baskets)
- Climbing skins (At least as wide as the waist of your ski)
- Avalanche transceiver (475 Megahertz with extra batteries)
- Lightweight snow shovel
- Avalanche probe
- Backpack, medium sized (about 45 liters) with rain cover (i.e. garbage bag) and outside straps to attach skis.
- Climbing harness for glacier travel
- 1 Ice Axe (preferably light weight with a maximum length of 60cm)
- Boot Crampons, lightweight if possible (i.e. aluminum)
- 2 locking carabiners (Your guide will bring a full set of Crevasse rescue equipment)
- 1 non-locking carabiners
- Prusik cords (2 times 5m length of 6mm cord)
- A 1m section of 6mm cord
- Ski crampons
- Repair kit / spare parts for your bindings (optional)

Clothing

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants (Gore Tex or similar with integrated gaiters)
- Warm pants (insulated / fleece/ polypro)
- Fleece pullover or jacket
- Medium weight fleece shirt or vest
- Capilene, fleece or wool underwear, top and bottoms

- 2 Pairs of gloves (lightweight and heavier weight)
- Scarf, neck gaiter or bandanna
- Socks: thicker outer (wool) and thinner liners
- Wool or fleece hat, covering the ears
- Sun hat, preferably with wide rim
- Down vest
- Down Booties with covers
- Spare underwear, socks

Other items:

- Winter sleeping bag (mummy style, rated to -20 Celsius or -4 Fahrenheit minimum)
- Insulated sleeping pad (full length, Ridgerest with a Thermarest above is ideal)
- Snacks and lunches for at least 7 days (candy bars, dried fruit and sausage, cheese, nuts, etc.)
- Sun Glasses (with very good UV protection, extra pair is a good idea)
- Sun screen and lip protection
- Ski Goggles
- A 1 liter Water bottle, preferably insulated (Camel backs not recommended)
- Personal items (Prescription medicine, extra contact lenses and maintenance Equipment, prescription glasses etc.)
- Pocket knife or Leatherman tool
- Headlamp with spare battery and bulb
- Small Blister kit
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Skin wax (a small amount)
- Toiletries (minimum supply)
- Ear Plugs (optional but very useful)
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- A small book and/or writing material
- Health/Travel insurance documents/numbers