

## Backcountry Day Ski Touring

## Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Ensure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for you both). If you have any questions about anything please contact us. Some items\* we may have extra to lend or we can recommend where you can rent.

### Technical Equipment

- Alpine/Telemark Touring skis (lightweight bindings like Dynafit, G3 Onyx or Silvretta Pure are recommended) OR split board for snowboarding
- Alpine/ Telemark touring boots (With Vibram sole)
- Ski poles (with regular powder baskets)
- Climbing skins (At least as wide as the waist of your ski)
- \*Digital Avalanche transceiver (3 Antenna, 457 Megahertz with extra batteries)
- \*Lightweight snow shovel
- \*Avalanche probe
- Day touring backpack, medium sized (about 40 liters) w/ outside straps for ski attachment
- Repair kit / spare parts for your bindings (optional) and Skin wax (a small amount)

### Clothing

Temperatures can vary widely as they can increase from -20C overnight to +10C 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. For winter layers we recommend wearing:

**Wool:** provides excellent insulation in cold, wet weather & retains insulating value when wet.

**Synthetics:** (pile, polypropylene, Capilene, Synchronia) provides excellent insulation in cold wet weather, and retain insulating value when wet.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants (Gore Tex or similar with integrated gaiters)
- Fleece pullover or jacket & down/fleece vest
- Warm pants (thin: insulated/fleece) and warm shirt (not cotton)
- Capilene, fleece or wool underwear, top and bottoms
- Gloves (lightweight and heavier weight)
- Scarf, neck gaiter or bandanna ; Sun hat, preferably with wide rim
- 2 pairs of socks: thicker outer (wool) and thinner liners (polypro)
- Wool or fleece hat, covering the ears

**Other items:**

- Sun Glasses (with very good UV protection, extra pair is a good idea)
- Sun screen and lip protection
- Goggles
- A 1 liter Water bottle or thermos flask, (Camel backs not recommended)
- Headlamp with spare battery and bulb
- Personal items (Prescription medicine, small blister kit/first aid kit, extra contact lenses and maintenance equipment, prescription glasses etc ,)
- Camera, batteries (optional)
- Lunch and snacks

**For your safety, the guide carries the following:**

- SAT phone and/or VHF radio
- Complete first-aid kit
- Repair kit
- Complete crevasse rescue gear/ski-mountaineering rope (route dependent)
- Evacuation gear for injured people
- Avalanche rescue gear
- All maps of the area
- GPS, compass and altimeter
- Snow saw, snow study kit