

Backcountry Touring & Avalanche Skills Equipment List

The equipment and clothing you bring on your day trip 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 (these are either luxuries or your guide will be carrying). If you have any questions about anything please contact us. Some items* are available for rental.

Temperatures vary widely as they can increase from –20C overnight to sometimes +5C 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 can be put on and off fast if weather conditions change during the day. We recommend wearing Smartwool type base layers. Wool provide excellent insulation in cold, wet weather & retains insulating. Synthetic (pile, polypropylene, Capilene, etc.) also provides adequate insulation in cold wet weather.

Technical Equipment

- Alpine or Telemark touring skis (lightweight bindings like Dynafit, G3 Ion or Fritschi Freeride, etc.) OR Splitboard for snowboarding
- Alpine, Telemark or Snowboard boots (With Vibram sole if possible)
- Ski poles (with regular powder baskets)
- Helmet (optional)
- Climbing skins (At least as wide as the waist of your ski)
- *Avalanche transceiver (3 Antennas, 457MHz, with fresh batteries)
- *Avalanche shovel (lightweight)
- *Avalanche probe
- Day touring backpack, medium sized (about 35-40 liters) with side straps for ski attachment
- Repair kit / spare parts for your bindings (optional) and Skin wax (a small amount)

Clothing

- 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, down jacket and down or fleece vest
- Warm pants (thin: insulated/fleece) and warm shirt (no cotton)
- Capilene, fleece or wool underwear, top and bottoms
- Gloves (1 pair of lightweight and 1 pair of heavier weight)
- Scarf, neck gaiter, buff and / or bandanna
- Sun hat, preferably with wide rim
- 2 pairs of socks: thicker outer (wool) and thinner liners (wool or polypro)
- Wool or fleece hat, covering the ears

Other items:

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

For day trips occurring on glaciated terrain:

- Lightweight ski touring harness
- Lightweight ice axe
- Lightweight boot crampons (optional)
- 2 locking carabiners

For your safety, the guide carries the following:

- SAT phone, VHF radio or Spot device
- Complete first-aid kit
- Basic Repair kit
- Crevasse rescue equipment with rope (if needed)
- Evacuation system
- Avalanche rescue gear
- All maps of the area
- GPS, compass and altimeter
- Saw & snow study kit