

Bonnington Traverse 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 day. They can increase from -20C overnight to +5C on sunny days or descents to the valley. 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, 50 to 60 liters max, with rain cover (i.e. garbage bag) and outside straps to attach skis.
- 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)
- Down or synthetic insulated jacket (hood is optional)
- 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

Hut lodging:

- Sleeping bag (rated -10 Celsius)
- Spare long underwear, extra socks, etc.
- Toiletries (minimum supply)
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Light hut slippers or down booties
- Ear Plugs (optional but very useful for snoring folks!)
- A small book and/or writing material

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, preferably insulated (Camel backs not recommended)
- Headlamp with spare batteries
- Small Blister kit
- Snacks and lunches (candy bars, dried fruit and sausage, cheese, nuts, etc.)
- Personal items (Prescription medicine, extra contact lenses and maintenance Equipment, prescription glasses etc.)
- Pocket knife or Leatherman tool
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Skin wax (a small amount)

Emergency Plan and Equipment (carried by the guide)

There is no cell coverage on this traverse; you do not need to bring your personal cell or smart phone. The guide will be carrying an emergency communication device along with all the equipment required to deal with an emergency.

- Emergency plan
- SPOT emergency locating device
- Satellite phone or VHF radio
- Complete first-aid kit
- Repair kit
- Evacuation gear for injured people
- Avalanche rescue gear
- All maps of the area
- GPS, compass and altimeter
- Snow saw & snow study kit