

General Equipment List for Ski Traverses

The equipment and clothing you bring on your ski traverse will have a big impact on the quality of your experience. 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 varies widely as they can increase from –20C overnight to sometimes +5C on sunny days. For clothing use the ‘layer system’: Light technical clothing that does not 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 touring, Telemark skis or Split board
- Alpine, Telemark or Snowboard boots (With Vibram sole if possible)
- Ski poles (with regular powder baskets)
- Helmet (optional)
- Goggles
- Climbing skins (At least as wide as the waist of your ski)
- *Avalanche transceiver (3 Antennas, 457MHz, with fresh batteries + spears)
- *Avalanche shovel (lightweight)
- *Avalanche probe
- Backpack (70-80 liters) with outside straps to attach skis
- Ski crampons
- Small repair kit / spare parts for your bindings (optional)
- Skin wax (small amount)
- Spare powder basket
- Duct tape (small amount)
- Pocketknife

Outdoor 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 sets)
- 2 Pairs of gloves (lightweight and heavier weight)

- Scarf, buff, neck gaiter and/or bandanna
- Socks: thicker outer (wool) and thinner liners (2 sets)
- 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 (mommy style, rated to -20 Celsius or -4 Fahrenheit minimum)
- Insulated sleeping pads (Both a full length insulated pad and Thermarest type pad)
- Sunglasses (with good UV protection)
- Sunscreen and lip protection
- Water bottle (1-litre) (Camel backs not recommended)
- Headlamp with spare batteries
- Personal items (toiletry, prescription medicine, contact lenses, prescription glasses etc.)
- Camera and extra batteries (optional)
- Lunch and snacks
- Passport for foreigners
- Zip-lock bags for wallet and other documents (recommended)
- Ear Plugs (optional but very useful)
- Light stuff sacs to keep your backpack organized (optional)
- A small book and/or writing material
- Pack cover or large garbage bag

For Ski Traverses occurring on glaciated terrain:

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

Personal medical kit:

- Medical tape
- Band-Aids
- Tensor bandage
- personal medications/prescriptions
- anti-inflammatory
- antihistamines
- blister kit

For your safety, the guide carries the following:

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

Frequently Asked Questions:

How to pack your gear? The best way to pack for the flight in is to have your backpack ready for a ski touring day, wearing your ski boots and ski clothing, have skis & poles strapped together with ice axe separated. Shovels should be inside your pack.

How much can I bring? Your luggage will be weighed and cannot be heavier than 25kg (45 lb.) excluding skis, snowboard, and boots.

Final gear check? Check your gear before departure. Boots must fit bindings, skins must fit skis etc. Please do not buy new boots just for the trip!

Tents and cooking equipment? We provide tents and cooking equipment on all our ski traverses. If you would like to bring your own winter tent, contact us.

Food? We provide lightweight and locally packaged freeze-dried food for breakfasts & dinners.

Group gear? Expect to carry part of a tent and a small amount of group gear every day.

Rental gear? It may be possible to rent gear in most meeting locations. Contact us ahead of time if you have any questions. We want to make sure you will have the gear you need.

Alcohol? We do not provide any alcoholic beverages; some folks will want to bring a small amount. A flask of alcohol is ideal. Beer cans can be compressed but must be carried out. Boxed wine may work but must also be carried out.