

## General Lodge Based Ski Week Equipment List

The equipment and clothing you bring on your lodge trip 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)
- 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
- Day touring backpack, medium sized (about 35-40 liters) with side straps for ski/board attachment
- ABS type airbag (optional)
- Ski crampons (optional)
- Small repair kit / spare parts for your bindings (optional)
- Skin wax (optional)
- Spare powder basket (optional)
- 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)
- Mid layer(s) (fleece or technical wear)
- 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 brim
- Socks: thicker outer (wool) and thinner liners (wool or polypro)
- Wool or fleece hat, covering the ears

### **Lodge Clothing**

- Casual pants and shirts for indoor use (1-2 sets)
- Towel (optional in some cases)
- Sauna wear
- Lodge slippers (optional)

### **Other items:**

- Soft Duffle bag (for extra clothing – 60-80ltrs)
- Sunglasses (with good UV protection)
- Sunscreen and lip protection
- Goggles
- Water bottle (1-litre) (Camel backs not recommended)
- Headlamp with fresh batteries
- Personal items (toiletry, prescription medicine, contact lenses, prescription glasses etc.)
- Camera and extra batteries (optional)
- Lunch and snacks
- Passport for foreigners

### **For lodge trips occurring on glaciated terrain:**

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

### **Personal medical kit (useful but not required):**

- 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

**Trip Price Inclusions**

Guiding by a certified IFMGA or ACMG guide(s). All lodge costs, flights in & out, gourmet food and meals, lunches, breakfasts and safety equipment.

**Not included**

Air fares or travel, personal ski equipment or technical equipment, alcohol, dinner or breakfast while lodging prior or after trip, gratuities, any additional transport or lodging cost due to unforeseen itinerary changes (for example road closure and extra night stay). We suggest purchasing insurance that fits adventure travel (via TUGO insurance). Also consider that you have adequate medical and life insurance. Please read our booking page carefully for detailed information about waivers, limitations, and cancellations, see <http://summitmountainguides.com/booking/>

**Cancellation Insurance**

We encourage everyone to purchase trip cancellation and/or medical insurance. There are a few options to choose from. Make sure to take the time to read the fine print before buying a conventional policy for your adventure travels and ensure covers ski touring and ski mountaineering.

**Rescue Insurance**

We strongly recommend that you purchase rescue insurance (whether or not you are a resident of B.C.) in case you require emergency medical rescue or evacuation due to illness or injury. Occasionally some rescue costs may be covered for a BC resident if SAR is called out. However, this is often not practical such as when bad weather interferes with communications or when time is critical due to the nature of the medical emergency. We will simply call in the closest helicopter. For non-SAR rescues and non-BC residents, rescue costs can be high and participants

are responsible for these costs. Some private insurance policies cover emergency rescues. However, it is particularly important to confirm prior to your trip that your coverage includes mountain or climbing-related accidents.

### **Frequently Asked Questions:**

**How to pack your gear?** The best way to pack for the flight in/out is to have your day pack ready for a ski touring day, wearing your ski boots and ski clothing, have skis & poles strapped together and a duffle bag containing the remainder of your gear.

**How much can I bring?** Your luggage will be weighed and cannot be heavier than 20kg (40 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! Skis are best left loose (not in bags) but can have straps to keep them together. Shovels should be loose outside your pack if they do not completely fit inside with the hard edges all covered. Ice axes are left loose and will go in the ski basket for transport.

**Rental gear?** It may be possible to rent gear in most meeting locations or at the lodge in some cases. 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 lodge have limited stock, contact us for exact details on this. If you must bring your own, you can bring a maximum of 15 beer cans (no bottles please) or 4 bottles of wine (boxed wine if possible) per person.

**Sleeping bags?** Sleeping bags may not be necessary depending lodges. Contact us for clarification.