

## Wapta Ski Traverse Equipment List

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 0C 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)
- Ski poles (with powder baskets)
- Helmet (optional)
- Goggles
- Climbing skins (At least as wide as the waist of your ski)
- \*Avalanche transceiver (with fresh batteries + spares)
- \*Avalanche shovel (lightweight)
- \*Avalanche probe
- Backpack (50-60 liters) with outside straps to attach skis
- Ski crampons (optional)
- Lightweight Ice Axe (50-60cm in length)
- 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 zippered or pullover mid layer 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 (mummy style, rated to -15C or 5 Fahrenheit minimum)
- 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