



EQUIPMENT CHECKLIST

SKI GEAR

- Ski boots (well-fitting, ski-touring boots recommended)
- Skis or splitboard snowboard
- Ski poles (adjustable type recommended)
- Adhesive climbing skins (fitted to width and length of your skis/board)
- Backpack with 30 – 40 litre capacity (2000 – 2400 cubic inches)
- Avalanche probe**
- Snow shovel**
- Avalanche Transceiver** (457 KHz single frequency)
- Spare transceiver batteries (purchase new ones & check for correct size)
- Ski goggles
- Glacier glasses/sunglasses
- Insulated water bottle (camelback or other hydration system)
- Small thermos (optional)

SKI CLOTHING

- All-weather ski pants (Schoeller type fabric)
- Long underwear, shirt and bottoms (poly-pro / wool blends)
- Fleece tops and bottoms (wind-stopper)
- Warm socks (3 pair)
- Ski gloves / Mitts / Waterproof Outers (2 pair)
- Gore-tex outer jacket / parka (with hood)
- Gore-tex over pants
- Down / Synthetic jacket (warm, “puffy” type jacket)
- Neck gaiter / tube
- Toque (ski hat)
- Sun hat (baseball cap or sombrero) & bandana

LODGE CLOTHING

- Lightweight casual pants (denim jeans / chinos)
- T-shirt
- Socks & underwear (spares and extras)
- Sweater or lightweight fleece shirt
- Light runners or sandals
- Towel
- Personal toiletries

MY PERSONAL LIST

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OTHER IMPORTANT STUFF

- Personal first-aid & blister kit (second skin, compeed, athletic tape, personal medications, ibuprofen, etc.)
- Earplugs
- Sun block (high SPF rated or zinc-type ointment)
- Camera & film (spare batteries and / or charger, plus USB connector to upload photos)
- Repairs & spares kit (for own model of A/T, telemark, or snowboard binding system)
- Personal liquor supply, wine preferably in boxes (Beer is available at the Lodge)
- Headlamp or flashlight
- Reading materials, notebook, pencil, map of area (small map provided for use)
- Sleeping bag

***15 kg (40 lb) total weight limit for luggage not including skiing equipment.**