

Suggested backpack items

I. Waxing equipment

- waxes
- cork
- scraper
- wax remover

II. Clothes

- extra gloves
- extra socks
- extra hat
- extra windbreaker or shirt
- sunglasses

III. Safety items

- first aid kit (bandages, adhesive tape, aspirin/ibuprofen, moleskin)
- contact lens solution
- suntan lotion
- Vaseline or Chapstick
- knife
- compass
- whistle
- watch
- matches + candles
- flashlight (in case you get caught in the dark)
- rope
- space blanket/chemical hand warmer
- trail map

IV. Repair items

- spare ski tip
- spare pole basket
- spare binding bail
- tools (pliers and screwdriver)
- bailing wire
- electrical or duct tape
- safety pins

V. Food

- trail food, cookies, etc
- raisins/other dried fruit
- nuts
- water bottle (WATER IS A MUST!!)
- juice