

GEAR LIST

SKIING & SPLITBOARDING - MULTI-DAY Non-Camping



THIS DOCUMENT LISTS ALL CLOTHING, EQUIPMENT, AND GEAR REQUIRED FOR YOUR TRIP.

As expedition leaders operating throughout Alaska we've seen just about everything Alaska and Mother Nature can throw at us. Our recommendations come from decades of experience and are made in an attempt to keep you warm, comfortable, and above all, safe. The weather in southcentral Alaska can be volatile. Clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will work together to provide appropriate insulation in the most demanding conditions. Because it can snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchron, fleece, and pile are best, wool will also work. Cotton is unacceptable. It is a good idea to test out your gear before you arrive in Seward.

If you need to purchase gear while in Alaska we can recommend places to buy your gear. We are always happy to discuss gear needs with you, please, call us with any questions.

Kenai Backcountry Adventures will supply the following gear & equipment for your trip:

- ★ Group medical kit
- ★ Satellite phone, cellular phone, GPS, location tracker, maps

UPPER BODY LAYERS			
Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable, except for a sun shirt while hiking on warm days.			
Equipment	Qty	Chk	Comments / Recommendations
Base Layers	1		Synthetic material that can be layered together to increase warmth <ul style="list-style-type: none"><input type="checkbox"/> One silk weight top<input type="checkbox"/> One heavy weight top
T-Shirt	1		Synthetic fabric. Wear as a sun shirt at lower elevations.
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool (a soft shell is an acceptable substitute).
Heavyweight Top	1		To be worn over the base layers and medium weight top and should be synthetic or wool. A good fitting puffy works great for this layer.
Synthetic Down Parka	1		In a maritime climate in the mountains, a burly synthetic parka will be your best friend on those cold wet nights or windy summit mornings. It should easily fit over all layers. A down jacket with a waterproof finish is acceptable, but if it gets wet you won't be happy...or warm.
Outerwear (Shell)	1		A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers. We recommend shells that are breathable, dry, and windproof.



LOWER BODY LAYERS			
Lower body layers should be versatile and easy to change into and out of under changing weather conditions.			
Equipment	Qty	Chk	Recommendations
Base Layers	1		Synthetic material that can be layered together to increase warmth <input type="checkbox"/> One lightweight bottom <input type="checkbox"/> One heavyweight bottom
Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear.
Lightweight Pants	1		These are optional, but are nice to wear at lower elevations, in town, or as additional layering options. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear. A light softshell pant could work as well.
Outerwear (Shell)	1		Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips.
HEAD, NECK, HANDS, & FEET			
Keeping your extremities warm & dry is crucial. Our hands and feet are the most susceptible to inconveniences like frostbite and trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.			
Equipment	Qty	Chk	Recommendations
Warm Hat	1		Should be made of synthetic material or wool, cotton is unacceptable. Should layer underneath a climbing helmet.
Sun Hat	1		The sun can be very bright (especially with reflection). The more protection your cap offers from the sun, the better.
Balaclava or Neoprene Face Mask	1		Used to protect the face from wind/snow, and can be a real lifesaver under stormy conditions
Goggles	1		Double lens models with vents work best.
Sunglasses	1		Dark lenses with good side protection are a must. The sun can be very bright (especially with reflection off of the water/snow/ice) and can cause permanent eye damage.
Lightweight Gloves	1		Windstopper fleece works best. Work gloves with a waterproof palm are nice to have along when dexterity is more important than warmth. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model.

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Heavyweight Gloves/Mitts	1		Removable shell is a must. These should be warm, waterproof and breathable, with removable liners for easy drying.
Socks	3-4		These should be synthetic or merino/wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.
Ski/Snowboard Boots	1		Most of our time will be spent in these boots over the course of the trip. Make sure they are comfortable. For ski gear, we recommend a vibram sole boot with a randonee or telemark binding set-up. Snowboard boots should have removable liners and be as waterproof as possible.
Gaiters	1		These should fit over your ski boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Some shell pants are designed to work as gaiters. Not usually needed if shell pants fit over your boots.

TECHNICAL HARDWARE

Equipment	Qty	Chk	Recommendations
Skis / Snowboard	1		We recommend mid-fat to fat width skis (80mm – 110mm underfoot), and splitboards are required for snowboarders.
Bindings	1		An alpine touring binding or telemark binding without uphill-resistance and climbing wires is strongly recommended. Bring extra binding parts if prone to breakage. It's always a good idea to have a backcountry repair kit.
Climbing Skins	1		These should be trimmed and fit properly to your skis/board.
Avalanche Transceiver	1		Transceivers must use the 457 kHz frequency. Equipment rental is available.
Avalanche Shovel	1		A sturdy metal blade shovel. Black Diamond makes good, compact shovels.
Avalanche Probe	1		A retractable avalanche probe is used in avalanche rescue.
Backpack	1		Should have a capacity of at least 30 liters, up to 45 liters and should be comfortable with everything you need to carry for the entire day.
Ski Poles	1		Lightweight and adjustable length work best. Snow baskets are a must.
Helmet	1		Should be lightweight. KBA guides use climbing/mountaineering helmets.
Ski Straps	2-4		Used for lashing your skis/board together, and/or attaching to your pack.
Ice/Snow Scraper	1		Scraper tool for packed snow and ice on bindings, or for scraping ice/snow off bases prior to skin placement.

MISCELLANEOUS

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Equipment	Qty	Chk	Recommendations
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.
Personal Med-Kit	1		A personal kit should include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory.
Blister Kit	1		This should include moleskin/foam and cloth athletic tape.
Toilet Paper	1		Bring your own in a ziploc bag.
Water Bottle	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.
Lip Balm	1		Should have some type of SPF protection.
Sunscreen	1		Should be SPF 30 or higher and be waterproof.
Bandana or Buff	1		Used for extra sun-protection. Your tee-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).
Stuff Sacks	2-4		For organizing your gear inside of your backpack. Waterproof recommended.
Garbage & Ziploc Bags	V		An invaluable method used to keep your gear dry inside of your pack.
OPTIONAL			
Equipment	Qty	Chk	Recommendations
Hand Warmers	4		A good thing to keep in your pack for those brisk alpine starts.
Energy/Candy Bars	0-20		Bring your favorites. 2-3 per day.
Camera	1		Use your phone, or bring a digital camera, one with a view finder allows you to take photos when it is too bright to see the screen and helps save batteries. A camera that is compatible with AA's allows you to bring extra batteries that don't cost an arm and a leg. Bring an extra memory card.
Journal	1		Rite in the Rain or similar water resistant paper work best.
Watch	1		Waterproof.
Large Duffel	1		Used for transporting gear in planes and vehicles en route to trip locale. Cordura or other heavy duty nylon duffel bags are burly and handle large loads with ease. 6000 cubic inches (100 liters) or larger are best.

Please, call us with any questions +1-907-331-4912