

Introduction to Backcountry Skiing and Riding Gear List

Backcountry Travel Equipment

	Backpack (We can provide)	20L-40L A good backcountry skiing pack is essential. Having a compartment that separates your avalanche safety equipment from the rest of your gear is necessary.
	Avalanche Transceiver (We can provide)	An avalanche transceiver or avalanche beacon is a type of emergency locator beacon, a radio transceiver (a transmitter and receiver in one unit) for the purpose of finding people buried under snow.
	Metal Avalanche Shovel (We can provide)	Shovels are essential for digging through the snow to the victim. Plastic snow shovels often break, whereas metal ones are less prone to failure. It is important your shovel breaks down for easy storage in your pack.
	Avalanche Probe (240-300cm) (We can provide)	Collapsible probes can be extended to probe into the snow to locate the exact location of a victim.

	Backcountry Skis or splitboard	Backcountry skis are a lightweight downhill orientated ski. We recommend a 98-110 underfoot ski. Splitboards are designed to be split into ski mode for the uphill and reconnected into a board for downhill mode.
	Backcountry ski bindings	Backcountry Ski Bindings differ from resort bindings by being able to free your heel for uphill travel. At the top of the run you will be able to lock your heel back in place like a resort binding. These bindings are also lightweight.
	Skins	Skins are the way our skis grip the snow for uphill travel. Having skins up to your specific ski is necessary. Make sure to purchase skins larger than the width of your ski underfoot. Then trim the skins to the right size prior to the course.
	Backcountry Ski Boots	Backcountry boots have the ability to switch into walk mode. This feels more like a hiking boot for the way up. On the way down we snap back into ski mode and the boots become stiff like your resort boot. Make sure they are compatible with your bindings.

	Ski Poles	Having ski poles is a necessary part for both Skiers and Snowboarders. A snowboarders poles should be collapsable and store in their pack for the descent.
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Ski Clothing

	Ski Socks	Comfortable ski specific socks.
	Long Underwear	For underneath your ski pants on cold days.
	Ski Pant (uninsulated)	A lightweight pant or bib that fits over your ski boot. Insulated resort pants will be too hot.

	Base Layer Top/ Sun hoody	A baselayer top is made to be your bottom layer. We recommend a Sun Hoody as they are comfortable and protect you from the sun.
	Mid Layer	A fleece jacket or softshell. This should be a warm and breathable layer you are comfortable hiking in.
	Hard Shell Top	A waterproof goretex or equivalent jacket. This protects you from wind and rain.

	Midweight Puffy Jacket	A warm synthetic or down jacket.
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Gloves

	Lightweight Ski Gloves	Comfortable dexterous ski gloves
	Extra Pair of Gloves	Often our gloves get wet digging in the snow and being in the backcountry. An extra change of gloves can be the difference between frozen hands and a comfortable day.

Headwear

	Skiing Helmet (Optional)	A lightweight backcountry skiing helmet is an optional but highly recommended piece of equipment. In the backcountry there is a lot more variability to the snow. This can cause unexpected falls.
	Ski Goggles	Great for the way down!
	Glacier Glasses or nice polarized sun glasses	No cheap gas station sunglasses.
	Sun Hat	A baseball cap to keep the sun off your face

	Beanie	Warm beanie to keep your ears warm
	Buff	To pull over your face in heavy wind, or to protect you from the sun.

Personal Equipment

	Nalgene x2	Two liters of water carrying capacity
	Head Lamp	A headlamp for use at night and during the early morning climbing hours.

	Sun Screen	1-2 oz of sunscreen.
	Lip Balm	Lip Balm with SPF.
	Personal First Aid Kit	A personal first aid kit with IBuprofen, any meds you need, and blister repair such as athletic tape and mole skin

Food:

Bring a mix of salty and sweet. These should be snack foods, nothing that requires a stove.

	Day 1	2000 Calories
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