

Ski Touring Clothing & Equipment List

1)Clothing:

- SmartWool or synthetic socks.
- Long underwear top & bottoms - synthetic or smartwool.
- Lightweight wind/softshell jacket (I love a super light weight jacket for uphill travel so that I don't sweat.)
- GoreTex shell jacket
- Warm insulated jacket - down or synthetic
- Goretex or softshell ski pants
- Toque & buff
- Sun hat/visor
- Lightweight gloves (uphill gloves)
- Heavier/warmer gloves (downhill gloves)
- Sunglasses
- Ski goggles

2)Gear:

- Digital Avalanche Transceiver.** A modern 3 antenna unit please. (BCA tracker 3/4, Mammut Pulse being examples).
- Collapsible Avalanche Shovel** (metal blade, no plastic)
- Avalanche Probe** 300cm+
- Ski Helmet
- Sunscreen & SPF chapstick
- Personal first-aid kit/meds/blister kit.
- 30-40ish Liter backpack to hold 'yer stuff.

3) Nutrition:

- Minimum of 1L of fluids. 1.5+liters recommended. **Water bladders/hydration tubes are not recommended as they freeze/break/leak.**
- A Thermos is highly recommended below -10.
- lightweight stuff-sack to hold your lunch. *Lots* of high calorie small snacks that are easy to munch on throughout the day.

4)Skis or Splitboard:

A)Alpine Touring Skis, mounted with Alpine Touring bindings. 100mm underfoot or wider is recommended. Neils 'regular' skis are 115mm underfoot. Spring time(firm snow) I use 95mm skis Tech pin bindings(Dynafit, ATK etc) are highly recommended.

b)Splitboard/skins/collapsible ski poles. If renting, please 'play' around with your board the night before to see how it works. Please ensure your stance is correct. (goofy vs regular) and that your stance is more rearward than your resort setup to help with tip flotation in powder.

-Alpine Touring Boots that fit your bindings. It's **HIGHLY** recommended that you select a boot with a ****liner that can tighten (lace-up or ratchet mechanism)**** Having this tight liner is a god-send to ward off blisters. A person then tightens the boot liner and tours (uphill travel) with your external boot buckles fully undone. This means that the boot liner stays tight to your foot and the liner moves around inside the loose shell (movement is relative to the liner/plastic shell interface = no blisters) if you have loose liners and/or tour with your boot buckles tightened down, then your foot is forced to move inside your liners (motion relative to the foot/liner interface = friction = DREADED BLISTERS)

-**Skins**. make sure they fully cover your ski bases. Having the skin narrower than the ski means that you will back-slip on the uptrack, which is very tiring.

-**Ski Poles** (fixed length downhill/ski resort ski poles work just fine)

-Split borders: a repair kit for your bindings

Please feel free to contact me if you have any questions about your gear/clothing. My cell is 403.700.4741 and my email is: neilwarrenskiguide@gmail.com

Cheers,
Neil