

TEBAY LODGE SKI WEEK | gear list

ski equipment

- SKIS with TOURING BINDINGS** AT, tele, or splitboard.
- BOOTS** AT, tele or snowboard boots.
- POLES**
- WHIPPET (optional)** Self-arrest ski pole.
- SKINS**
- SKI CRAMPONS**

avalanche gear

- TRANSCIVER** Modern, digital transceiver. If you have an older model, now is a good time to upgrade.
- SHOVEL** With a metal blade. An extendable handle is recommended.
- PROBE** Should be at least 240cm long.
- AIRBAG BACKPACK (optional)** Recommended.

emergency gear

- SLEEPING BAG** Emergency backup for ski plane skiing (rated between -20 and +20). It doesn't have to fit in your day pack - we leave these at the planes.

pack + duffel

- DAY TOURING PACK** 30+ liters with ski and ice axe attachments.
- SMALL DUFFEL** For clothing, toiletries, etc.

tech gear

- ICE AXE** Lightweight 50-60cm mountain axe.
- BOOT CRAMPONS** Aluminum recommended. Make sure the toe attachment works with your ski boots (for most AT boots, a metal toe bail works best).
- HARNES** Lightweight alpine harness.
- 2 LOCKING CARABINERS** Triple-action locking carabiners recommended.

CORDALETTE 4-5 meters (~15') of 6-7mm nylon cord.

upper body

BASELAYER TOP

INSULATING LAYER(S) Fleece, softshell, or light puffy.

SHELL JACKET with HOOD

INSULATED PARKA Warm down or synthetic puffy jacket with a hood.

lower body

BASELAYER BOTTOMS

SKI TOURING PANTS

head

SUNGLASSES

GOGGLES

WARM HAT

SUN HAT

FACE PROTECTION Buff® or similar.

HELMET (optional)

hands

LIGHT GLOVE

SKI GLOVE

feet

SNOW BOOTS For walking around outside of the lodge.

LODGE SLIPPERS For indoors.

SOCKS 3-4 pairs.

misc

SUNSCREEN / LIP BALM

