

GLACIER SKI MOUNTAINEERING COURSE | 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.

pack

- OVERNIGHT PACK** 45-70 liter internal frame pack.

sleeping system

- SLEEPING BAG** Down or synthetic, rated between 0° and 20° F.
- COMPRESSION STUFF SACK** Sized appropriately for your bag.
- INFLATABLE PAD**
- CLOSE-CELL FOAM PAD** Optional for extra insulation - one pad is usually sufficient.

tech gear

- ICE AXE** Lightweight 50-60cm mountain axe.
- CRAMPONS** Aluminum crampons with a metal toe bail is recommended for most ski boots.
- HARNESS** Lightweight alpine harness.
- 3 LOCKING CARABINERS** Triple-action locking carabiners recommended.
- 4 NON-LOCKING CARABINER**

- CORDALETTE** ~15' of 6-7mm nylon cord.
- ADD'L CORD** 10-15' of 6mm cord for cutting into prussik loops.
- BELAY DEVICE (optional)**

upper body

- BASELAYER TOP**
- 2 INSULATING LAYERS** 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 PANTS**
- SHELL PANTS** Optional - for rain protection if your ski pants are softshell (non-waterproof).

head

- SUNGLASSES**
- GOGGLES**
- WARM HAT**
- SUN HAT**
- FACE PROTECTION** Buff® or similar.
- HELMET**

hands

- LIGHT GLOVE**
- SKI GLOVE**

feet

- APPROACH SHOES**
- SOCKS** 2-3 pairs.

misc

- HEAVY TRASH BAGS** For lining your backpack.
- SUNSCREEN / LIP BALM**
- WATER BOTTLE(S)** Screw top lids recommended.
- WATER PURIFICATION** Small bottle of iodine tablets or Steripen.
- THERMOS (optional)**
- CAMERA**
- EXTRA BATTERIES** For your transceiver, camera, etc.
- HEADLAMP**
- LIGHTER**

food

- SEE DETAILS**

eating utensils

- INSULATED MUG**
- BOWL**
- SPOON OR SPORK**

personal first aid/toiletries

- PERSONAL TOILETRY KIT**
- TP**

optional items

- REPAIR KIT** Small repair kit with items specific to your ski or splitboard setup. Extra binding parts (including mounting screws), an extra tip loop for your skins, an extra pole basket, etc. Other great MacGyver items are bailing wire, zip ties, and duct tape.
- WAX** For skis and skins.
- PERSONAL ENTERTAINMENT** For downtime. Book, journal, kindle, tablet, music, etc.