

# **Gear List**

- Backpack- 30-35 Liters- A backpack that can hold all if your items inside (not hanging stuff on the outside)
   This should include all of your avalanche rescue gear, water bottle(s)
- Ski Touring/Snowboard Boots- Please bring a boot that you trust and that has been fitted to you
  professionally. A boot that you just bought and have not walked and or skied in and then we do a big tour
  day can end badly.
- Alpine Touring Skis/ Split-Board- the lighter, the better.
- Bindings- Tech bindings are the bindings to have! There is a lot of talk about them not being strong
  enough.. This is false and the pin system is a great lightweight option for your backcountry days. We also
  recommend tech bindings with brakes or at least a leash system.
- Touring Skins: Please have these CUT to the skis you plan on using BEFORE your trip. Be sure they have tail clips that work with your skis too.
- Ski Poles: Adjustable ski touring poles are amazing and you can really feel the difference between your old alpine resort poles.
- Avalanche Beacon- Must be less than 10 years old and have a 3-Antenna system. Contact Elias if you are
  not sure about your current beacon. Please come with fresh batteries in your beacon and spare set. After
  that, Elias will supply if this is a longer trip. We exchange batteries if the beacon reads 50% or less of power.
- Shovel- Must be a high quality brand and durable avalanche shovel
- Probe- durable, good quality and minimum 280CM length.
- Water Bottle- 1 litter and maybe even 2 litters for longer days. Please no hose/camlebacks as they take up space and often freeze in the tube.

#### <u>Layers</u>

#### MUST be synthetic or wool. NO COTTON. NO EXCUSES

- Long underwear top- light weight to mid weight
- Long underwear base bottom- light weight to mid weight.
- Ski Socks- Lightweight ski socks unless you have a style that works for you already when ski touring.
- Upper mid layer
- Hard Shell top- Gore-Tex is a good go too option.

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- Soft Shell Ski Pants/ Hard Shell Ski Pants \*Depending on time of year, type of trip and weather one of the
  other. Bring both if you can.
- Insulated jacket- would highly recommend it being puffy and with a hood.
- Gloves( 2 pairs) liner gloves and warm ski gloves
- Warm Hat and Buff
- Ball cap or Visor- (For spring time)
- Sunglasses

### **Miscellaneous**

- Goggles
- Sunscreen
- Lip Balm
- Ski Helmet
- Multi-Tool
- Blister Kit/Med Kit
- Headlamp- lightweight, please put in fresh batteries before going out. If this is a multi day trip bring extras!

## Ski Mountaineering

- \*ONLY if your day/trip includes ski mountaineering involved. Be sure to go over this with the admin or your quide; If you trip includes ski mountaineering or glacier travel you will need these times:
- Harness- lightweight alpine mountaineering/ski specific.
- Ski Crampons- make sure they fit for the width of your ski.
- Ice Axe- lightweight
- Ski Helmet or Climbing Helmet that is rated for both skiing and Climbing
- Boot Crampons- Please fit to your boot before the trip starts.
- Prusik cords
- (1)6ft length
- (1)12ft length
- 1 double shoulder length sling
- 4 locking carabiners
- 3 non-locking carabiners



- Ski binding leashes
- Belay device
- Optional: Pulley/ Petzl Mico Traxion