



Backcountry Skiing: Day Touring Equipment and Clothing List

Pack:

- 20-40L pack.
- *Avalanche airbag packs are great but not required.

Technical Gear:

- Skis or Splitboard
- Skins
- Poles – Collapsible or foldable ones preferred but not required.
- Helmet
- Ski/Snowboard crampons (Optional) – Great for Spring conditions otherwise not necessary.
- Goggles
- Beacon, Shovel and Probe (Included with booking)

Upper Body Layers:

- Base layer – Made of wool or synthetic. No cotton.
- Insulated mid layer – Fleece or a polyester are great options. No cotton.
- Lightweight puffy
- Lightweight hard shell
- Gloves/mittens- One lightweight comfortable set for touring. One warm set for skiing/snowboarding.
- Extra pair gloves/mittens (Optional) – In case other pair becomes wet, damaged, or lost.
- Buff - Consider a thick or light one dependent on temperatures.
- Warm hat or beanie – To wear under helmet while skiing.
- Baseball cap or Sun hat – Nice for the uphill to help block the sun and not overheat.
- Additional warm down puffy – A must for extra cold days or emergencies.

Lower Body Layers:

- Base layer – Made of wool or synthetic. No cotton.
- Insulated mid layer – Fleece or a polyester are great options. No cotton.
- Lightweight hard-shell pants.
- Ski specific socks – Should rise to your knees or at least above boot. No Cotton.

Footwear:

- Ski boots – Must be touring specific.
- Snowboard boots – Standard boots are fine.

Food/Water:

- Sandwich or other solid food that isn't 100% sugar.
- Snack food such as cliff bars, or dried fruit is nice to have as well.
- Water – should bring at least 1 liter.

Miscellaneous:

- Sunscreen
- Sunglasses
- Lip balm
- Wag Bag
- Extra batteries – For headlamp, beacon, or other electronics you may have.
- Smart Phone- Great to have for navigation apps and also photos!
- Headlamp (Optional)
- First Aid Kit (Optional) – Specific to ski touring. Items such as moleskin are useful.
- Repair Kit (Optional) -
 - Baling Wire – At least 4ft
 - Zip ties – Cold weather resistant plastic
 - Screws – Specific to your bindings
 - Ski tool or multi tool
 - Ski straps – x4. These have many different applications
 - Duct tape
 - Extra ski pole basket
 - Extra straps and buckles – For snowboarders.