



## PACKING LIST - WINTER SKI DAY TRIPS

Getting packed up is one of the best parts in the planning stage of a trip! Use this list to help you make sure you have everything you need, and nothing you don't. Please feel free to contact us with any questions.

### Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Soft Shell or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks that are taller than your ski boots
- Warm gloves or mitts
- Spare gloves or mitts
- Toque (warm hat) or balaclava, buff/neckwarmer
- Sun hat/visor (optional)

### Ski Equipment

- Mountain skis or split board with touring bindings.
- Boots; plastic telemark or alpine touring, previously worn and comfortable
- Poles – ideally with powder baskets
- Skins (full width, properly fitted to skis, and well glued)
- Avalanche transceiver should be digital with 3 antennas and spare batteries
- Snow shovel
- Avalanche probe
- Helmet (optional)
- Goggles

### Personal Equipment

- Ski Touring pack (approximately 30 - 50L)
- Sunglasses - with good UV protection & a strap to keep them on
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) **and/or thermos** - 1 liter, wide mouth, plastic with tight lid (hydration systems tend to rupture and freeze, so are not ideal. Make sure you have a hard water bottle as well). **Small thermos highly recommended.**
- Lunch and snacks for the day! Don't forget your lunch!
- Medications – Bring anything you think you will need, and keep them waterproof
- Appropriate mask for shuttling/gondola, personal hand sanitizer
- Optional: Camera, Hot Paws, GoPro

*Note: Guide will have First Aid, Repair and Emergency Communications*