Ski Gear & Clothing Check List - Day Trips

Our clothing and equipment is vital to the safety, success and comfort of any trip. Please make sure you have everything on this list for our trip, all is mandatory unless stated otherwise. Use this as a check list. Please bring only high quality, proven items. Have your boots broken in and make sure everything fits and works well for you before the start of a trip. You shouldn’t need anything else not listed here but if there is an item you would like to bring just ask. Please let me know if you have any questions.

Touring Gear:

__ Backpack. 30-35 Liters. Large enough to fit everything INSIDE, including probe, shovel & water bottles. Avalanche airbag or Avalung optional. Nick’s choice: Black Diamond Cirque 35L
__ Ski Touring / Snowboard Boots. Good idea to have a professional boot fitter find you the best boot for your foot and ability. Intuition boot liners drastically increase performance, comfort and warmth of your boot. Also consider a custom foot bed. Nick’s choice: Dynafit boots with Intuition Tour Wrap or Alpine Wrap liners and Sidas “flash fit” custom insoles. But remember the best boot is the boot that fits your foot the best.
__ Alpine Touring Skis / Telemark Skis / Split-board. Avoid heavy skis/boards. Nick’s choice: Voile SuperCharger or V8 for winter, the UltraVector is good for late spring/summer skiing.
__ Bindings. Tech bindings ideal, brakes recommended or have leashes. Have boot & DIN properly adjusted on binding.
  Nick’s choice: Dynafit Rotation or G3 Ion. Split-boards: Voile or Spark bindings.
__ Fresh Ski Wax & Tune. Use “all temp” wax recommended. Required for multi-day trips.
__ Ski Poles. Snow baskets, adjustable recommended. Nick’s choice: Voile CamLock 2 or 3 piece.
__ Ski Strap. 1 required, a few recommended. Nick’s choice: Voile Ski Strap 20”.
__ Ski Crampons. Good to have for late March through summer, ask Nick if we need these.
__ Avalanche Beacon. Must be three antenna, max 10 years old < 5 years ideal, with current software update. Carry extra batteries, new Alkaline Duracell or Energizer. Stack them like logs together with electrical tape covering ends, if the ends touch each other or other metal they will drain. We replace batteries at 50%. Nick’s choice: BCA Tracker 3. Mammut/Barryvox.
__ Shovel. Quality avalanche shovel, absolutely No Plastic and No Cheap brands.
  Nick’s choice: Voile Telepack Mini.
__ Water bottles and/or Thermos. 2 liters total. Filled with water. Wide mouth. With insulation covers for winter day trips or overnight trips. ** No Camelback hose type, they freeze and leak.
  Nick’s choice: 1 litter Nalgene and 1 litter GSI Vacuum Bottle-Thermos.
__ Trail Food. For all the day(s) plus a little extra. Except for multi-day overnight trips, you provide your own lunches and snacks. Easy to eat and high in fat and calories. In the backcountry lunch starts after breakfast and ends before dinner. Nick’s favorites: nut, fruit & chocolate trail mixes. PB & J sandwich. Bars. Dark Chocolate. Shot blocks or Gu gels w/ caffeine to have if you ‘bonk’. Store in a small stuff sack. For long trips have variety. About 2,000+ calories per day.
__Headlamp. Carry extra batteries. Lithium batteries recommended as they last way longer, are lighter, work better in cold and give 100% power until dead. (For avalanche beacon, name brand Alkaline must be used). Nick’s choice: Black Diamond Storm w/ Lithium batteries.
__Compass & Inclinometer. Not mandatory but recommended. Nick’s choice: Suunto MC-2. Inclinometer is mandatory for avalanche education or ski guide training courses.
__Lip Balm w/ SPF. add spare for longer trips. Nick’s choice: Dermatone Lip Balm SPF 23.
__Personal Medications, if applicable. Please let Nick know of Any medical issues / medications.

Clothing: ** All clothing must be wool or synthetic, absolutely no cotton clothing **

__Ski Socks. Nick’s choice: Point6 or DarnTough Lightweight Ski Socks.
__Underwear. Nick’s choice: Merino Silk-weight.
__Base Layer Top. Silk-weight to mid-weight, avoid dark colors - hot with sun. Nick’s choice: Voormi.
__Mid Layer Top. Nick’s choice: Voormi Access pullover or High-E hoodie or for colder temps.
__Hard Shell Top (Gore-Tex). Nick’s choice: Patagonia or Arc’teryx Gore-Tex Pro.
__Hard Shell Ski Pants (Gore-Tex). With built in ski-boot gaiter, zippered vents, pockets.
__Belt. and/or Suspenders, to keep your pants up. Required if stowing beacon in pants.
__Gloves, 3 pairs: Liner gloves, mid-weight shell & warm shell. Bring extra.
__Mittens. For the extra cold days.
__Sun Hat. Not necessary Nov-Jan in Alaska.
__Sun Hoodie. For April-summer trips. Nick’s choice: Voormi River Run sun hoodie, light color.
__Sunglasses. Nick’s choice: Julbo with polarized photo-chromatic lens (changes category 2-4) Zebra Light lens great for mid winter months or stormy days (changes category 1-3).
__Ski Goggles. Nick’s choice: Julbo with Zebra 1-3 photo-chromatic lens.
__Ski Helmet. Required. Nick’s choice: Salomon MTN Lab (certified for climbing & skiing)

Optional:
__Other / Extra Clothing. Second puffy jacket and puffy pants for cold days. Soft shell jacket or pants.
__Camera. Extra battery. Light weight point & shoot style, avoid large heavy SLR’s.
__GPS unit. Can be Gaia gps app on your smartphone with maps downloaded for field use.
__Small Personal First-Aid Kit. Blister repair, athletic tape, gauze, bandaid, Ibuprofen/Tylenol…
__Nikwax Skin Treatment. Highly recommended for spring-summer. No wet skins, no globing and it increases glide without loosing grip. Otherwise having Glob Stopper wax is a good idea.

AlaskaMountaineering.com - For backcountry ski rentals including skins, poles, beacon, probe, shovel and AT boots
PowderHoundAK.com - Girdwood ski shop and professional boot fitting
SkiAK.com - Anchorage ski shop
HoardingMarmot.com - Good used gear store in Anchorage