**Ski Gear & Clothing Check List - Full List**

*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 checklist. 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.*

### Section 1) Touring Gear:

<table>
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<tr>
<th>Item</th>
<th>Requirement</th>
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<tr>
<td><strong>Backpack.</strong></td>
<td>30-35 Liters. Large enough to fit everything INSIDE, including probe, shovel &amp; water bottles. Avalanche airbag or Avalung optional. Nick’s choice: Black Diamond Cirque 35L</td>
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<tr>
<td><strong>Ski Touring / Snowboard Boots.</strong></td>
<td>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.</td>
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<tr>
<td><strong>Alpine Touring Skis / Telemark Skis / Split-board.</strong></td>
<td>Avoid heavy skis/boards. Nick’s choice: Voile SuperCharger or V8 for winter, the UltraVector is good for late spring/summer skiing.</td>
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<tr>
<td><strong>Bindings.</strong></td>
<td>Tech bindings ideal, brakes recommended or have leashes. Have boot &amp; DIN properly adjusted on binding. Nick’s choice: Dynafit Rotation or G3 Ion. Split-boards: Voile or Spark bindings.</td>
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<tr>
<td><strong>Skins.</strong></td>
<td>Cut to your skis / split-board. Nick’s choice: Voile skins with tail clips.</td>
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<tr>
<td><strong>Fresh Ski Wax &amp; Tune.</strong></td>
<td>Use “all temp” wax recommended. Required for multi-day trips.</td>
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<tr>
<td><strong>Ski Poles.</strong></td>
<td>Snow baskets, adjustable recommended. Nick’s choice: Voile CamLock 2 or 3 piece.</td>
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<tr>
<td><strong>Ski Strap.</strong></td>
<td>1 required, a few recommended. Nick’s choice: Voile Ski Strap 20”.</td>
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<td><strong>Avalanche Beacon.</strong></td>
<td>Must be three antenna, max 10 years old &lt; 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.</td>
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<tr>
<td><strong>Probe.</strong></td>
<td>High quality, durable. 240cm minimum. Nick’s choice: Black Diamond QuickDraw Tour 280.</td>
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<tr>
<td><strong>Shovel.</strong></td>
<td>Quality avalanche shovel, absolutely No Plastic and No Cheap brands. Nick’s choice: Voile Telepack Mini.</td>
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<tr>
<td><strong>Water bottles and/or Thermos.</strong></td>
<td>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.</td>
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<tr>
<td><strong>Trail Food.</strong></td>
<td>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 &amp; chocolate trail mixes. PB &amp; 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.</td>
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</tbody>
</table>
**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.

**Sunscreen.** SPF 30+ Not necessary Nov-Jan in Alaska. Nick’s choice: Dermatone Z-Cote.

**Lip Balm w/ SPF.** add spare for longer trips. Dermatone Lip Balm SPF 23.

**Small Personal First-Aid Kit.** Blister repair, athletic tape, gauze, bandaid, Ibuprofen/Tylenol…

**Personal Medications,** if applicable. Please let Nick know of Any medical issues / medications.

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**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 Bottom.** Light-weight to mid-weight. Nick’s choice: Voormi base layer.
- **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.
- **Insulated Puffy Jacket with Hood.** Nick’s choice: Patagonia Micro Puff or Hyper Puff Parka.
- **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.** Glacier Sunglasses (category 4) mandatory for glacier trips in the spring - summer.
  - Normal lens (category 3) OK for winter or non-glacier trips.
  - Nick’s choice: Julbo with Camel polarized photo-chromatic lens (changes category 2-4).
  - and Zebra Light lens great for low light days (changes category 1-3).
- **Ski Goggles.** Nick’s choice: Julbo with Zebra light 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.
- **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.
Section 2) Overnight Multi-Day Ski Trips:

In addition to the above items. If on glacier add Ski Mountaineering items also (below).

*Expect temperatures that could get down to minus 20° F. during winter months, otherwise down to 0° F. would be expected. Every ounce counts and adds up, consider every item you bring.*

- **Backpack.** 75 Liters. Large enough for all gear to be INSIDE pack including shovel, probe, water bottles, sleeping pad, all tent parts and group gear. (Foam pad can be on outside). Nick's choice: Black Diamond Mission 75L.
- **Sleeping Bag.** w/ compression sack. Down preferred for its light-weight and compressibility.
  - [0° F. minimum in winter, Oct-April ] [ 0° to +15° F. May - July ]
  - [-20° to -40° F. with Gore-Tex type outer fabric for cold Arctic trips / high altitude. ]
  - Nick's choice: Mountain Hardwear Phantom 0° or Phantom +15° or Wraith minus-20°.
- **2 Sleeping Pads.** Therm-a-Rest type air mattress and closed cell foam pad. Nick's choice: Thermarest NeoAir XTherm or Prolight Plus regular length and Thermarest RidgeRest.
- **Bowl, Spoon, Mug.** Mug is not necessary but nice for hot drinks, a Rubbermaid Tupperware with lid works well for a bowl. No fork or knife needed.
- **Toilet Paper, Hand Disinfectant, Toothbrush, Toothpaste, Floss, Feminine Products…**
  - No soaps, towels or deodorant (deodorant actually makes you smell worse over time!)
- **Pee bottle.** mark it! Nalgene or Nick's choice: 42oz collapsible Nalgene Canteen.
- **Pee Funnel.** For women. Recommended: “pStyle” or “Freshette”. Practice with before the trip!
- **Camp Booties.** or Foam footbeds for ski boot shells and insulated booties/socks.
- **Extra Socks & Sleeping Socks.** Stuff 1 pair in bottom of sleeping bag to sleep with every night, these are designated sleeping socks. For trips longer than 4 days bring a fresh pair to use.
- **VBL Socks.** Optional, this is personal preference. Nick likes vapor barrier socks to keep moisture out of boot liners and it actually makes you sweat less.
- **Puffy Pants.** For winter or glacier trips. Nick’s choice: Arcteryx Atom LT or Mountain Hardwear.
- **Zip-Lock Bags.** Freezer quality or strong “bread bag” type. To store TP, extra socks, electronics etc.
- **2 Lighters.** Bic brand are best.

Ask if we will be using sleds to haul gear, if so the following is needed:

- **Sled Duffle.** Lightweight w/ handles. Nick’s choice: REI Roadtripper Duffle XL.
- **3 extra carabiners.** 2 non-locking, 1 locking.
- **Pack sled haul loop,** 6 ft. of 5mm cord.

Section 3) Ski Mountaineering Trips: Required in addition to the above items. For trips on glaciers.

- **Helmet.** Light skiing/climbing helmet. Nick’s choice: Salomon MTN Lab or new Petzl Meteor.
- **Harness.** Lightweight. Nick’s choice: Mammut Zephir Altitude or Petzl Altitude/Tour.
- **Ski Crampons.** Required for late March through summer trips. Nick’s choice: Dynafit Ski Crampons.
- **Ice Axe.** Lightweight & Short (55-60cm). Nick’s choice: Black Diamond Raven Ultra 55cm.
- **Boot Crampons.** Lightweight. Nick’s choice: Black Diamond Contact or Neve.
- **3 Prussic cords.** (5mm) 4ft. 6ft. & 12ft. lengths. note: cord length is single line w/ no knots.
- **Purcell Prussic** also recommended but optional.
- **Cordellete.** (6mm) 24ft. for anchors.
1 “double shoulder” length sling. (48 inches / 120cm). Dyneema/Nylon blends are best.
1 “Single Shoulder” length sling. (24 inches / 60cm) To be used as a gear sling. Optional.
1 Ice screw & V-threader tool. Optional but recommended. 19-21cm w/ thread & tip protector.
   Nick’s choice: Petzl or BD aluminum ice screw with a homemade V-threader from a coat hanger.
Ski Binding Leashes. Used for glacier travel.
Pack Leash. 9 ft. of 4mm cord.
Gaia GPS app. for your smartphone, download maps for the entire zones we may go to.
Optional: Snow Ascent Plates. (These are Not snowshoes) Nick’s choice: Verts, strap on.

Section 4) Additional Gear for Fly-In Base Camping only Trips:

Travel Duffle. To travel and fly with, then to store your pack & extra things when at camp.
   Nick’s choice: Patagonia Black Hole 120 liter. If using sleds you can use the sled duffle instead.
Dry Bags / Trash Bags / Zip-Locks. To store extra clothes and electronics to ensure they stay dry.
Puffy Pants. Nick’s choice: Mountain Hardwear Compressor pant or Arcteryx Atom LT pant.
Extra: Base Layer Change, Socks, Clothes & Gloves.
Extra: Glacier Sunglasses w/ case & Ski Googles. Glasses wipe cloth.
Thermos and/or Mug.
Camp Entertainment. Paperback book, Kindle, iPod, cards…
Battery Pack, Solar Charger & Cords. For using phone GPS app and other electronics.
Car Bag. shower kit, clean street clothes and shoes to keep in car at airport for return.

Section 5) Additional Gear for Advanced Avalanche Education:

2 Mechanical Pencils.
Snow Crystal Card & Magnifying Loupe. Nick’s choice: Snow Metrics card & Carson 17.5x loupe.
Thermometer. Celsius, digital is nice but have extra battery.
ECT Cord. 3 meters of 3mm cord with overhand knots tied every 15cm.
Map of area, Compass & Altimeter watch.
GPS. Garmin or Gaia app for Phone w/ maps loaded. Have extra batteries or charger.
Medical, Trauma & Airway Management Kit. Along with medical training (WFR).
Repair Kit. For bindings, boots & poles.
6) Additional Gear for Ski Guide Training: Include section 5 and any other applicable sections.

- **Guides Tarp.** Sil-nylon ultra-light tarp. 8'x10'.
- **Rescue Sled.** Alpine Threadworks Ski Guides Rescue Tarp. Can double as your guide tarp!
- **Rope.** 40-60m ~ 8mm “half rope” or “low-stretch / semi-static.” Length varies for the objective.
- **Belay Device.** Nick’s choice: Black Diamond ATC-Guide.

### GROUP GEAR FOR ALL TRIPS PROVIDED FOR:

- First-Aid Kit
- Bivy Tarp. Rescue Sled.
- Repair kit.
- Communication. Phone and Satellite Messenger device. Radios if necessary.
- Snow Study tools.
- Navigation. Map, Compass, Altimeter, GPS.
- Ropes and group climbing gear. If ski mountaineering trip.

### OVERNIGHT GROUP GEAR PROVIDED FOR:

- Tent(s). If you want to bring your own it must be a high quality 4-season tent with ample guy lines equipped with snow anchors. We must set it up together and check every detail before the trip.
- Kitchen Tent. For Base Camp style trips.
- Sleds. For glacier travel trips, complete with rigging. (you provide 3 extra non-locking carabiners)
- Food. Breakfast, Lunch, Dinner.
  * Please provide any food allergies. You can also provide your food preferences or dis-likes, and your appetite level. Coffee, Tea? You do have the option of buying and selecting your own Lunch food and drinks (coffee, tea, drink mixes) so you get exactly what you want. Make sure we are in touch about food, food is good, food is important.

### OTHER NOTES:

- For all overnight trips we need to do a gear check together before our trip. If you can’t decide or are unsure on some items then bring them both and we can decide during the gear check.
- This list has been created as a good representation of what we need for an Alaskan ski trip. Each individual trip might however have its unique details, our particular trip could have slight differences to exactly what we pack.
- You know your own body! - So if you get extra cold easily then air on the side of having extra warm clothing and sleeping bag. If you drink way more than most people consider bringing extra / bigger water bottles.

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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