

EQUIPMENT LIST – **OVERNIGHT SKI MOUNTAINEERING**

TRIPS COVERED BY THIS LIST:

- Ski Mountaineering Course
- NCNP Ski Traverses (e.g. Forbidden Tour, Isolation Traverse)
- Mount Baker & Mt. Shuksan Skiing

A NOTE ABOUT EQUIPMENT LISTS: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment’s appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight. All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

CLOTHING

Head, Hands & Feet

- Warm Hat
- Sun Hat
- Buff
- Lightweight Gloves (for uphill; softshell)
- Midweight Gloves
- Heavyweight Gloves (for downhill; waterproof and breathable)
- Ski Socks

Upper Body Layers

- Lightweight Base Layer Top
- Lightweight Fleece jacket
- Softshell Jacket with Hood
- Puffy Jacket with Hood
- Hardshell Jacket with Hood

Lower Body Layers

- Lightweight Baselayer Bottom
- Softshell Pants
- Hardshell Pants

ACCESSORIES

- Backpack (30-40 Liters, designed for skiing)
- Sunglasses
- Goggles

ACCESSORIES *continued...*

- Sunscreen and spf lip balm
- Water & Food (we strongly recommend **not** using drink hoses during winter trips)
- Headlamp
- Blister Kit
- optional: Ski Helmet

SKI / RIDE

- Skis or Split Board (we recommend tech/pin bindings and skis > 105mm waist width for winter conditions)
- Climbing Skins (sized and cut for your skis or board)
- Ski or Snowboard Boots
- Ski Poles (collapsible for split boarders)
- Ski Strap (rubber voile style)
- Ski Crampons (sized to fit your ski width and binding type)

AVALANCHE SAFETY (these may be rented from NCMG)

- Transceiver (3 antenna, less than 5 years old)
- Shovel (metal blade required)
- Probe (240cm or longer)

CLIMBING / TECHNICAL (these may be rented from NCMG)

- Ice Axe (*lightweight*)
- Boot Crampons (*recommend aluminum for weight savings*)
- Climbing harness (*a lightweight ski mountaineering model such as the Black Diamond couloir*)
- 2 Locking Carabiners

CREVASSE RESCUE GEAR (this is required for our ski mountaineering course and recommended for skiers that have crevasse rescue experience)

- 3 additional locking carabiners (*5 total*)
- 6 non-locking carabiners
- 1 Double-Length (*120cm dyneema/spectra sewn runner*)
- 1 cordalette *18—21 feet long, 6mm—7mm*
- 2 Friction hitches (*recommend sterling hollowblock*)
- Optional: 1 Petzl micro traxion ratcheting pulley

OVERNIGHT GEAR

- Tent (*4 season, lightweight*)
- Sleeping Bag (*15-20 degree rating*)
- Sleeping Pad (*inflatable*)
- Stove (*recommend isobutene stoves over liquid fuel*)
- Fuel (*adequate for cooking and melting snow for water – the quantity will vary with the trip length; please consult your guide*)
- Pot
- Utensils