

Winter Gear List

- o Avalanche transceiver (must be a digital model)
- o Two sets of Duracell Alkaline batteries (for your transceiver)
- o Avalanche Probe
- o Avalanche Shovel
- o Topographical area map
- o Compass/GPS
- o First aid kit (including moleskin or something to fix up hot spots and blisters)
- o Avalung / Airbag (optional)
- o Snowpack Analysis Tools: snow crystal card/snow saw/thermometer/ruler

Other Essential Gear

- o Alpine touring / Telemark skis or Split Board
- o Alpine Touring / Telemark / Snowboard boots
- o Climbing skins
- o Adjustable poles
- o Jacket (a shell of some sort; either Goretex or soft shell)
- o Pants (a shell of some sort' either Goretex or soft shell)
- o Light weight base layers (quick drying)
- o Technical socks
- o Warm layer (down jacket)
- o Ski gloves (2 pair of varying weights)
- o Lightweight Toque/Buff / Baseball cap
- o High energy food
- o Ski Goggles (optional)
- o Sunglasses (with wide coverage if possible)
- o Sunscreen and lip protection
- o Helmet
- o Small headlamp (with fresh batteries)
- o Repair kit: hockey tape, pocket knife/multi-tool, lighter, spare pole basket, extra binding screws and spare parts, ski wax, skin glue
- o 30-40 litre daypack
- o 1 litre water bottle and/or thermos
- o Toilet paper
- o Camera
- o Hot shots for hands/feet

Gear for the lodges

- o Running shoes / flip flops / slippers (with hard or rubber sole)
- o Casual hut clothes (be comfy)
- o Music – CD's / iPod / MP3 player depending on the lodge's set up
- o External charging device for phone, camera, iPod, etc.
- o Journal and pen
- o Toiletry bag
- o Ear plugs (help you sleep if there are snorers)

Suggested Medications & First Aid Supplies

- o Anti-inflammatories, Imodium, Painkillers (aspirin & acetaminophen)
- o Wound management (saline, steri-strips, Benzoine, topical antibiotic cream, dressings, gauze)
- o Splinting material