



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Canada Backcountry Ski Touring Equipment List

All of the items listed below are required and It is extremely important to the success and safety of your course that you bring them all. Weather conditions can vary dramatically, and you must be prepared!

It is very important that you have everything on the gear list. Please do not try to second guess or think you can get away without something because you “didn’t use it last time”. We will ask you to purchase any items you don’t have or if you have any inappropriate items that need to be replaced. However, you may not find your missing gear at the last minute. We do reserve the right to not allow you on the tour without the proper gear.

Any questions please drop us an email or give us a call at: 877-686-2546 well prior to your trip.

Ski Gear



Skis

Alpine touring or Telemark skis, wider than 95cm wide underfoot is preferred. We will hopefully be skiing deep powder



Skins

Some ski manufacturers make skins precut for your skis. Otherwise they need to have coverage over most of the ski. The edge needs to be showing but no base showing between the edge of the ski and the skin for about 80% of the ski’s length.

Example: [Black Diamond Ascension STS Climbing Skin](#)



Bindings

Alpine touring or telemark bindings. For AT, the pin style toes are the lightest and tour the best.



Ski Boots

Any alpine touring or Telemark boot will do, but they must be touring specific boots



Ski Poles

A lightweight pole is best.

Ski Crampons

Alpine Touring binding companies all make a ski crampon to fit their bindings. For Tele Bindings, there are some adapters that mount to your ski to slide a ski crampon on.

Technical and Avalanche Safety Gear



Avalanche Probe

A probe of 2-3 meters in length is fine.

Example: [Black Diamond Quickdraw Tour Probe 280](#)



Avalanche Transceiver

A simple device with smooth features that you can use easily. Make sure to check the functionality of your transceiver prior to your trip and change batteries often.

Example: [Black Diamond Recon BT Avalanche Beacon](#)



Backcountry Shovel

A lightweight and collapsible design for avalanche rescues.

Example: [Black Diamond Deploy Shovel](#)



Crampons

Lightweight aluminum 10-point boot crampons are preferred. Some of the best ski boot crampons are aluminum with steel front points.



Ice Axe

You must have a short ice axe regardless of your height. No longer than 60cm, 50-55cm is preferred. Skiing with a long ice axe on your pack is not a good idea.

Example: [Black Diamond Raven Ultra Ice Axe](#)



Harness

A lightweight climbing harness that is easily packable.

Example: [Black Diamond Couloir Harness](#)



2 Locking Carabiners

Must be pear shaped.

Example: [Petzl Attache](#)

Other Gear



Backpack

An internal frame backpack about 30-40 liters in size. Make sure it fits to your specifications. Ice axe loops preferred.

Headlamp

It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.



Ski Strap



To connect your skis together. Makes traveling a little easier.



Two- 1 Liter Wide Mouth Water Bottles

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles. No tubing features they will freeze.

Recommended: [Nalgene 1-liter Wide Mouth Bottle](#)



Full Wrap Sunglasses or Glacier Glasses

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate

Example: [Julbo Montebianco](#)

Ski Goggles

A good fitting pair of goggles make sure to have glacier glasses or full wrap sunglasses as well so you can take your goggles off when you're hot.

Example: [Smith Showcase OTG Asia Fit](#) or [Giro Axis Goggle](#)

Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.

Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better.

Example: [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)

Ski Pant (soft shell)

A lighter weight non-waterproof pant that breathes much better than waterproof pants. This is what you will probably be wearing most of the time.

Example: [Arc'teryx Shashka Pant](#) or [Patagonia Men's Powslayer Pants](#)

Lightweight Long Underwear Base Layer Bottom

Choose a synthetic or wool. Cotton will not be acceptable.

Example: [Ridge Merino Men's Aspect Midweight Merino Wool Base Layer Bottom](#) or [Patagonia Women's Capilene® Thermal Weight Bottoms](#)

Lightweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

Example: [Ridge Merino Women's Aspect Merino Wool High Neck Top](#) or [Under Armour Men's Cold Gear® Fitted Crew](#)





Insulating Layer- Lightweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

Example: [Patagonia Women's and Men's R1® Fleece Pullover](#)

Insulated Down or Synthetic Jacket

Down or synthetic fill puffy parka. Down is lighter weather in the High Sierra can vary

Example: [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



Warm Hat

A wool or synthetic hat that's not too bulky.

Example: [Black Diamond Merino Beanie](#)



Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

Example: [Patagonia P-6 Logo LoPro Trucker Hat](#)



2 Pairs of Ski Socks

Very thin ski socks.

Example: [Eurosock Ski Lite](#)



Insulated Glove- Mid Weight

Water resistant and wind proof and highly insulated.

Example: [Black Diamond Spark powder Gloves](#)

Lightweight Glove

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

Example: [Black Diamond lightweight fleece gloves](#) or [Mammut Fleece Pro Glove](#)



Buff

Can be used for many things including a neck warmer and face mask

Example: [Buff Midweight Merino Wool](#)

Travel Clothing

This list just includes gear and clothing for the actual ski tour and does not include travel and extra clothing or the lodge and while traveling clothing. It is nice to have a selection of cotton clothing for when we are in the lodge at night.

Other Important Items

Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

Small Personal Kit

Personal medications, blister kit, etc. (the guide will have a full first aid kit)

Baby Wipes

Great for washing up after the day but must be packed out.

A Couple Small Ziploc Bags

For packing trash out and keeping important items clean.

Stuff Sacks

For organization of pack contents.

Foam Ear Plugs

For hut noise... trust me, you'll want these

Sleeping bag liner

The lodge provide bedding but good to have. Silk is best.

Soft Shell or Wind Jacket

Not 100% mandatory but a good piece to have. This is a non-waterproof lightweight shell jacket that is highly breathable and cuts the wind.