



# NORTH CASCADES MOUNTAIN GUIDES

## EQUIPMENT LIST – BACKCOUNTRY SKIING DAY TRIPS

### TRIPS COVERED BY THIS LIST:

- Washington Pass Backcountry Day Trips
- Stevens Pass Backcountry Day Trips

**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)
- ☐ Heavyweight Gloves (for downhill; waterproof and breathable)
- ☐ Ski Socks

#### Upper Body Layers

- ☐ Lightweight Base Layer Top
- ☐ Lightweight Insulating Jacket
- ☐ Softshell Jacket with Hood
- ☐ Puffy Jacket with Hood
- ☐ Hardshell Jacket with Hood
- ☐ Additional Puff Jacket (for snowmobile)

#### Lower Body Layers

- ☐ Lightweight Baselayer Bottom
- ☐ Softshell Pants
- ☐ Hardshell Pants (worn over softshell pants for snowmobile)

### ACCESSORIES

- ☐ Backpack (30-40 Liters, designed for skiing). We recommend airbag packs.
- ☐ Sunglasses

### ACCESSORIES *continued...*

- ☐ Goggles
- ☐ Sunscreen and spf lip balm
- ☐ Cloth Mask
- ☐ Hand Sanitizer
- ☐ Water & Food (we strongly recommend **not** using drink hoses during winter trips)
- ☐ Headlamp
- ☐ Blister Kit
- ☐ Ski Helmet – optional and recommended

### 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)

### AVALANCHE SAFETY (these may be rented from NCMG)

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