



# NORTH CASCADES MOUNTAIN GUIDES

## EQUIPMENT LIST – European Ski Touring

### TRIPS COVERED BY THIS LIST:

- Ortler
- Haute Route
- Urner Haute Route
- Silvretta & Dolomites

**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.

### 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 Sun Hoody Top
- ☐ Lightweight Insulating Jacket
- ☐ Softshell Jacket with Hood
- ☐ Puffy Jacket with Hood
- ☐ Hardshell Jacket with Hood

#### Lower Body Layers

- ☐ Lightweight Baselayer Bottom
- ☐ Softshell Pants

### ACCESSORIES

- ☐ Backpack (35-45 Liters, designed for skiing)
- ☐ Sunglasses
- ☐ Goggles

### ACCESSORIES *continued...*

- ☐ Sunscreen and spf lip balm
- ☐ Water bottle and/or thermos
- ☐ Headlamp
- ☐ Blister Kit

### SKI / RIDE

- ☐ Skis or Split Board
- ☐ Climbing Skins (sized and cut for your skis or board)
- ☐ Ski or Snowboard Boots
- ☐ Ski Poles (collapsible for split boarders)
- ☐ Ski Strap
- ☐ Repair kit (critical for telemark or split board set ups)
- ☐ Ski Crampons
- ☐ Helmet (recommend a "dual rated" helmet which is rated for both climbing and skiing)

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

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

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## 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

## HUTS

- ☐ Sleeping Bag Liner (*required by most huts*)
- ☐ Snack Food (*we will buy picnic lunches at the huts and candy bars are available, but some additional energy gels / bars are helpful*)
- ☐ 1 extra T-shirt and 1 extra pair of underwear to change into in the huts
- ☐ Toiletries / Prescriptions (*small*)
- ☐ Ear Plugs
- ☐ Hand Sanitizer and Mask (*optional*)
- ☐ Cash (*for buying drinks, chocolate, etc. at the huts*)

## TRAVEL

- ☐ Large Duffel
- ☐ Ski Bag
- ☐ Passport
- ☐ Credit Cards, Debit Cards, Cash
- ☐ Travel Clothing