



# NORTH CASCADES MOUNTAIN GUIDES

## 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 Insulating 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 (30-50 Liters, designed for skiing)
- ☐ Sunglasses
- ☐ Goggles

### ACCESSORIES *continued...*

- ☐ Sunscreen and spf lip balm
- ☐ Hand Sanitizer
- ☐ Water & Food
- ☐ Headlamp
- ☐ Blister Kit
- ☐ Helmet – *recommend a dual rated (ski/climb) helmet*

### SKI / RIDE

- ☐ Skis or Split Board (*we recommend tech/pin bindings and skis > 90mm and < 110 waist width for spring 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*)



# NORTH CASCADES MOUNTAIN GUIDES

- ☐ 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