



BACKCOUNTRY SKI TOUR & AVALANCHE COURSE GEAR LIST

Please use this gear list for the following Shasta Mountain Guides programs:

- Introduction to Backcountry Skiing
- Backcountry Ski & Snowboard Day Tour
- Serendipity Day Tour
- AIARE Level 1 Seminar
- AIARE Level 1+ Seminar
- AIARE Level 2 Seminar
- Custom Ski Programs

For your safety and comfort, please follow this list diligently. Every item on this list is required, unless clearly stated otherwise. Mountain weather is unpredictable with high winds, rain and snow, and temperatures that may range from -10°F to 85°F. Locally rentable items from The Fifth Season are marked with **bold blue text***. Please call or email us with any questions about your gear. Backcountry ski and snowboard gear can be overwhelming, here are some tips from our guides:

- Versatility is the key to proper clothing and equipment. Think "light and simple" when packing. Avoid bringing doubles of similar layers. Your pack will weigh 10-25 lbs. depending on your "light and simple" gear choices.
- Always test your layers before a trip. Outer layers should fit easily over inside layers without binding. The down jacket layer is sized to fit over all or your existing layers.
- No Cotton. Cotton retains moisture and drains body heat when wet; this includes briefs/bras, etc. Wicking layers like Capilene or Wool are best suited for high output mountain activities.
- Minimize the risk of blisters by wearing a thin, fitted, ski-specific sock.
- Boots, bindings, skis, and skins should all be compatible and working properly prior to trip start. Modern high quality gear is available to rent

CLOTHING

	<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/>	Ski Socks	Wool or Synthetic, lightweight	2-3 pairs
<input type="checkbox"/>	Underwear	Briefs and bras must be synthetic material	1-3 pairs
<input type="checkbox"/>	Base Layer Bottom	Wool or synthetic fabric. Light weight warmth.	1
<input type="checkbox"/>	Base Layer Top	Wool or synthetic Can be your Sun Hoody layer	1
<input type="checkbox"/>	Mid Layer Top	Midweight wool or synthetic sweater, jacket, or vest	1
<input type="checkbox"/>	Waterproof Pants	Uninsulated, hardshell, full-leg zip preferred	1 pair
<input type="checkbox"/>	Waterproof Jacket	Uninsulated, hardshell	1

<input type="checkbox"/>	Insulated Jacket	Important! Down/synthetic. Medium/heavy warmth	1
<input type="checkbox"/>	Sun Hoody	(Highly recommended) with a hood or large collar	1
<input type="checkbox"/>	Softshell Ski Pants	Medium weight fabric. Cuff fit over ski/snowboard boots	1 pair
<input type="checkbox"/>	Fleece or Wool Hat	Warm & covers ears, fits underneath climbing helmet	1
<input type="checkbox"/>	Brimmed Sun Hat	Baseball cap style, visor, or other	1
<input type="checkbox"/>	Buff	lightweight/breathable style, uninsulated.	1
<input type="checkbox"/>	Light Weight Gloves	Soft shell and light-to-medium weight warmth	1-2 pairs
<input type="checkbox"/>	Insulated Gloves	Waterproof ski or mountaineering style.	1 pair

EQUIPMENT

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Ski/Snowboard Boots*	AT/Randonnée, telemark, or snowboard.	1 pair
<input type="checkbox"/> Skis/Splitboard*	With touring, telemark, or splitboard bindings.	1 pair
<input type="checkbox"/> Skins*	Fitted/Tested prior to trip.	1 pair
<input type="checkbox"/> Ski/Snowboard Helmet*	(Optional) A lightweight ski or ski-rated helmet.	1
<input type="checkbox"/> Ski Poles*	With snow baskets, collapsible preferred.	1 pair
<input type="checkbox"/> Ski Crampons	(Optional) Fits ski/snowboard bindings.	1 pair
<input type="checkbox"/> Day Pack*	25-35 Liters, ability to carry skis/splitboard preferred.	1
<input type="checkbox"/> Avalanche Transceiver*	Modern, 457 kHz version less than 10 years old.	1
<input type="checkbox"/> Avalanche Probe*	Metal or carbon fiber, 240 cm or larger.	1
<input type="checkbox"/> Avalanche Shovel*	Metal shovel made for avalanche activity; no plastic!	1
<input type="checkbox"/> Ski Straps	Voilé style ski straps.	1-2
<input type="checkbox"/> Goggles	Lightly tinted	1

PERSONAL/MISCELLANEOUS

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Water Bottles	Durable 1-liter bottles. Water bladders are NOT allowed on climb; may be on hike to basecamp only.	2 liters
<input type="checkbox"/> Sunglasses	Dark-lensed glacier or sport style, polarized preferred	1
<input type="checkbox"/> Sunscreen and lip protection	30 SPF minimum	1
<input type="checkbox"/> Phone/Camera	(Optional but well worth it!) No earphones during the climb please. Cell service is intermittent on the mountain. Consider an extra battery/charging cable.	1
<input type="checkbox"/> Snacks/food	Snacks for the day.	Varied