



BACKCOUNTRY SKI TOURING DAY TRIPS

Basic personal equipment (all trips)

- Backpack:** A day pack with a capacity of 30-40 litres will allow you to carry all your gear.
- Avalanche Safety kit:** Shovel, Avalanche transceiver and Probe. CWMS rentals available on request only.
- Outerwear jacket:** waterproof/breathable type with hood (Gore-tex, etc.)
- Outerwear pants:** waterproof/breathable shell, non-insulated. Full zips are ideal for venting and ease of on/off with boots on
- Personal clothing:** layering works well, below is a suggested guideline. Personal preference will affect choices. Avoid cotton.
 - *Base layer for top and bottom (1 each)*
 - *mid-weight pants suitable for skiing*
 - *lightweight sweater/mid layer for top*
 - *Softshell jacket*
 - *Insulated jacket/puffy with hood, synthetic or down. Weight depends on temperatures and weather conditions*
- Gloves or mitts:** Ski-glove style are ideal. If conditions are wet, an extra pair is recommended
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** optional, but useful on sunny spring days
- Sunglasses:** must have 100% UV blockage and ideally provide full protection with wrap-around style, or side shields
- Ski goggles:** not required for all trips but recommended.
- Headlamp:** small size with fresh batteries
- Water bottle(s):** 1 litre minimum. Avoid hydration systems with tubes, they often freeze
- Small thermos:** optional but very nice to have a hot drink on a cold day!
- Compass & map:** optional, contact your Guide/CWMS Office for map # in advance
- Note pad and pencil:** optional, if you want to record any info or take notes
- Knife:** Optional, good basic item to carry in the backcountry. Small folding style knife or multi-tool
- Lunch & snacks:** bring food that you can snack on easily during the day and that will not freeze
- Personal 1st aid kit:** small personal kit for blister care, personal meds, etc. (Guides will carry full size group 1st Aid kits)

Ski Equipment

- Skis or Split-board:** Bindings must be AT (Alpine Touring) or Telemark; or, Split-board
- Boots:** Any alpine ski boot as long as it is compatible with bindings (AT or Telemark); or, snowboard boots for a splitboard
- Climbing skins:** Skins must be fit to your skis or split-board. Please ensure skins are trimmed and fit before trip.
- Ski Poles:** Ideally with "powder" style baskets, avoid small profile race baskets. 3-stage collapsible poles are best for snowboarders
- Ski Helmet:** CWMS recommends skiing with a helmet on all downhill sections of our programs
- Ski-Crampons:** Only required on some trips, please confirm with your Guide or CWMS office

Technical Equipment (only required for glacier travel /mountaineering programs)

Technical gear can be supplied by CWMS, please let your Guide/CWMS office know in advance if needed.

- Climbing seat harness:** Only required on some trips, please confirm with your Guide or CWMS office
- Carabiners:** 2 locking and 2 non-locking. Only required on some trips, please confirm with your Guide or CWMS office
- 120-cm sewn sling:** Only required on some trips, please confirm with your Guide or CWMS office

If you **need to purchase or rent equipment**, please contact stores well in advance to ensure that what you require is available!

Discuss this list with your Guide/Instructor, or with our office staff in advance to make sure you are prepared for the field session. Remember that this is a list of minimum requirements for a comfortable winter ski touring daytrip.