



### BACKCOUNTRY SKI TOURING DAY TRIPS

#### Basic personal equipment (all day-trips)

- Daypack** - large enough to hold all equipment plus some extra (approx. 25-40 litres for day trips)
- Avalanche Safety kit** - shovel, avalanche transceiver and probe. If rentals are required, they ***must be requested in advance.***
- 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 (fleece, wind-stopper, etc.)*
  - *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** - required for all skiing activities
- Headlamp** - small size with fresh batteries
- Lunch & snacks** - bring food that you can snack on easily during the day and that will not freeze.
- Water bottle or Thermos** - water bottles need to be stored inside pack to reduce risk of freezing. No external hose/hydration systems.
- Personal 1st aid kit** - small personal kit for blister care, personal meds, etc. (***Guides will carry full size group 1st Aid kits***)
- 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
- Small knife or multi-tool** - optional, good safety item to have in the backcountry. Small folding style knife or multi-tool

#### Ski Equipment

- Skis or Split-board** - bindings must be AT (Alpine Touring) or Telemark; or, Split-board
- Boots** - must be compatible with your ski 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 depending on current conditions*, confirm with your Guide or CWMS office in advance

#### Additional 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

Plan and prepare for a full day outside in any and all winter alpine conditions – temperatures could be -20 or colder; it is likely to be windy; and there may be snowfall during the day. However, you will also be exercising a lot and travelling uphill, so it is also essential to have clothing systems that allow you to remove layers and avoid overheating.

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 of your outing to make sure you are prepared for the field session. Remember that this is a list of minimum requirements for a comfortable winter day trip.**