



EQUIPMENT LIST FOR SKI PROGRAMS:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.

CLOTHING:

Light or medium weight long underwear top – polypropylene or capilene
Light or medium weight long underwear bottom – polypropylene or capilene
Lightweight fleece or Schoeller Jacket
Down or synthetic insulated jacket
Waterproof/breathable (Gore-tex or equivalent) pants or bibs
Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood
Warm socks – wool or wool/synthetic blend
1 Medium weight pair of gloves
1 Heavy waterproof pair gloves or mittens
Heavy polar fleece or wool hat – must come down over the ears
Polar fleece neck gaiter or balaclava

PERSONAL GEAR:

Ski Pack for one day trips:

This pack should be a tall thin profile, and be no larger than 40 liters in capacity. Stay away from wide large packs, and book bag style packs.

Sun visor or ball cap
Good quality sunglasses or glacier glasses, preferably with side shields
Ski goggles
Sun block & lip crème (SPF 15 or more)
Toilet paper
2 1qt water bottles
Lunch and snacks for each day
Ski poles
Telemark or Randonee skis and boots
Climbing skins for skis
Ski crampons
Avalanche transceiver with good batteries
Shovel
Probe

GEAR NEEDED FOR OVERNIGHT/CAMPING TRIPS:

Headlamp

Eating utensils (bowl, spoon, & cup)

Sleeping pad (Therm-a-rest or 3/8" ensolite)

Sleeping bag – down or synthetic (rated 0 to 20 degrees F)

Good quality overnight pack:

60 liter capacity is large enough. This pack should have ice axe and crampon attachments, should be a tall thin profile. Stay away from wide large packs, with lots of bells and whistles

TECHNICAL CLIMBING GEAR:

Crampons (necessary on some trips, available to rent from TMG, \$8/day)

Ice axe(s) (50cm to 65cm) long (necessary on some trips, available to rent from TMG, \$8/day)