

Backcountry Skiing Equipment List

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, conditions, and your individual requirements. When packing, think lightweight! Items with a * can be rented from Mammoth Mountaineering Supply in Mammoth Lakes.

Essentials

- ☐ Skis.* Metal edge telemark mountaineering skis or alpine touring skis are essential. Be familiar with your skis and bindings before the trip!
- ☐ Boots.* Alpine Touring boots specifically. Make sure the boots are a comfortable fit for walking as well as skiing.
- ☐ Climbing skins*. These should be close to the width of the ski's waist. Make sure the glue is in good shape.
- ☐ Ski Crampons*. Make sure they fit your skis!
- ☐ Poles*. Telescoping styles are best
- ☐ Day pack of about 40 liters.
- ☐ Ski Helmet

Clothing

- ☐ Clothing for all conditions.
- ☐ Sun Shirt with a hood
- ☐ Long underwear top and bottom (for cold days)
- ☐ Light down jacket
- ☐ Good quality rain/wind pants and rain jacket. Must be waterproof and the jacket must have a hood. Do not skimp on your rain gear.
- ☐ Warm hat
- ☐ Visor hat (for sun)
- ☐ Lightweight gloves
- ☐ Shell gloves
- ☐ Goggles

Etc.

- ☐ Sun glasses. Good quality. If using prescription lenses consider a backup pair
- ☐ Water carrying system with a capacity of 2-3 liters filled with liquids. We prefer bottles in insulated jackets to water bladders since they are less likely to freeze solid. Klean Kanteen style insulated bottles can double as a thermos.
- ☐ Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip screen actually contains sunscreen.
- ☐ Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits so please don't go overboard with your personal kits.

Food

- ☐ Bring lunch and your favorite snacks.
- ☐ Electrolytes!

Avalanche Gear (please let us know if you do not have these items, we can provide them)

- ☐ Beacon
- ☐ Shovel
- ☐ Probe

