

OFFICE

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ALASKA SKI MOUNTAINEERING COURSE

EQUIPMENT & CLOTHING LIST

The Chugach Mountains, home to 2500 square miles of glaciated mountains, are known throughout the skiing world for huge snowfall totals and incredible big mountain ski terrain. Pacific storms that develop over the Gulf of Alaska mix with cold Arctic air, delivering some of the deepest, most reliable powder in North America. During the prime spring season of March-April we can expect ample snowfall with periods of clear weather between storms.

Despite such a good outlook for our trip we'll still need to be prepared for serious mountain weather which could arise at any time. The proximity of the Chugach to the Pacific Ocean creates a varied climate and any storm has the potential to test our equipment to the fullest. Daily temperatures while touring can range from 40 degrees and sunny to zero degrees and stormy. With this potential for such a wide range of temperatures and conditions we will need equipment and clothing that is versatile. Clothing should be light, warm, dry quickly, and allow you freedom of movement. If you have any questions as you are selecting your equipment and clothing please feel free to contact us.

SKIING EQUIPMENT

Skis or Snowboard - Alpine touring skis, telemark skis, or splitboard. The best skis and snowboards will perform in a variety of snow conditions while still being lightweight for extended touring.

Climbing Skins - Must be properly fitted and trimmed for your skis or splitboard.

Ski Crampons - Choose a model that is specifically designed to work with your ski or splitboard bindings.

Poles - Adjustable poles are nice in the backcountry. The best models are made by Black Diamond and K2. Powder baskets are best for backcountry riding in deep snow.

Boots - They should be properly fitted and broken in before your program. Boots with a dedicated touring mode (a cuff that hinges) are essential for ski mountaineering.

Ski Straps - Bring two of these rubberized straps for securing skis on your pack.

Skiing or Snowboarding Helmet - Optional.

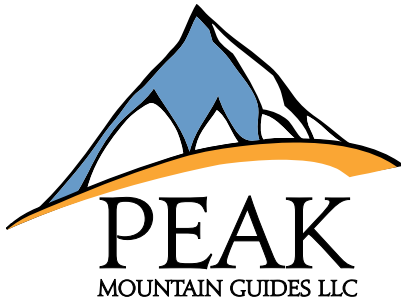
SNOW SAFETY EQUIPMENT

Avalanche Transceiver - If you need a beacon we will provide you with one free of charge. If bringing your own make sure it is a digital model with 2 or 3 antennas. At Peak Mountain Guides we highly recommend the BCA beacons.

Avalanche Probe - If you need a probe we will provide you with one free of charge. If bringing your own make sure it is at least 240 cm long. At Peak Mountain Guides we highly recommend the BCA probes.

Shovel - If you need a shovel we will provide you with one free of charge. If bringing your own make sure it is made of metal and designed for avalanche rescue. At Peak Mountain Guides we highly recommend the BCA shovels.

Avalung or Airbag Backpack - Optional.



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SKI TOURING & MOUNTAINEERING EQUIPMENT

Pack - 30-35 liters capacity is typically sufficient. Packs with separate compartments for snow safety equipment and hydration systems are most functional for on-the-go touring.

Harness - A lightweight, packable harness for glacier travel and ski mountaineering. Models weighing less than 12 ounces are best. Padding is not necessary but is nice when rappelling or lowering in steep terrain. Adjustable leg loops, gear loops, and a belay loop are nice features for climbing. The Camp Blitz is an excellent ski mountaineering harness with the features listed above that weighs 8 ounces.

Ice Axe - Hybrid models with a steel head and aluminum shaft offer a blend of performance and weight savings for ski mountaineering. 50 cm length is best. The Petzl SnowRacer is a good model that weighs 12.5 ounces.

Boot Crampons - Aluminum boot crampons are recommended for ski mountaineering. Their light weight makes them easy to carry while still being functional for firm snow. The Camp XLC 390 is a great model that weighs about 14 ounces.

Locking Carabiners - Bring two.

Non Locking Carabiners - Bring two.

Cordalette - A cordalette is a 20' piece of climbing cord tied into a loop. Cord material can be 6mm nylon cord, 5mm kevlar/spectra "tech cord", or Dyneema sling material. You can purchase a 20' piece of cord and bring it with you to the program and your guide will help you tie it into a loop.

Prusik Loop - A prusik loop is made by tying a 3' piece of 5mm nylon cord into a loop. You can purchase a 3' piece of 5mm nylon cord and bring it with you to the program and your guide will help you tie it into a loop.

Sewn Double Length Sling (120cm) - Spectra/Dyneema materials are strong and absorb the least amount of water. The Mammut 8mm Contact Sling is excellent.

MISCELLANEOUS

Headlamp - Small, lightweight LED model.

Sunglasses - Dark lenses are best for clear, sunny conditions.

Goggles - Light lenses are best for flat light and stormy conditions.

Sunscreen & Lip Balm - SPF 30 or greater.

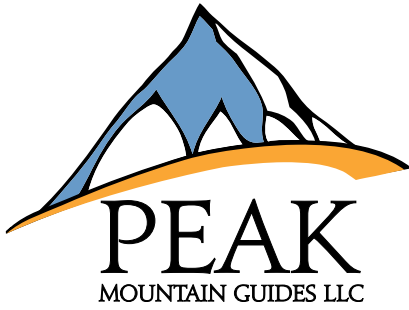
Water bottles or hydration system - 2-3 liters capacity is best.

Camera, battery charger, & extra memory card - Optional.

Altimeter & Compass - Optional.

Repair Kit - Include spare parts for your bindings, small roll of duct tape, and a small pocket knife.

Personal Medications - Prescription medications, ibuprofen, extra contact lenses or glasses, small package of moleskin for blisters, etc.



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CLOTHING

Wicking Baselayer Bottoms - Midweight synthetic or wool bottoms worn for warmth and moisture management. Patagonia Capilene 2 or Wool 2 are very good.

Shell Pants - Water resistant/breathable pants for shedding snow, wind, and moisture. At Peak Mountain Guides we prefer softshell models such as the Mammut Castor Pants & Base Jump Pants.

Wicking Baselayer Top - Midweight synthetic or wool top worn for warmth and moisture management. Patagonia Capilene 2 or Wool 2 are very good.

Insulating Shirt - Expedition weight fleece or wool top worn for warmth. Patagonia's Capilene 4 or Wool 4 are very good.

Shell Jacket - For rain, snow, & wind. Choose a lightweight model (less than 12 ounces) with a hood.

Insulating "Puffy" Jacket - Fleece, synthetic, or down jacket used for warmth. Patagonia's Micro Puff Jacket is a nice lightweight synthetic model.

Ski Socks - Bring two pair.

Light Gloves - A lightweight, dextrous glove for temperatures around and above 32 degrees.

Heavy Gloves - A warm glove for climbing and skiing in cold or stormy conditions. A modular design is best, where the liners are removable for drying.

Warm Hat - Synthetic or wool.

Sun Hat - Baseball cap or similar design to keep sun off the face.