

OFFICE

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BACKCOUNTRY SKIING & SNOWBOARDING

EQUIPMENT & CLOTHING LIST

All of the items listed below are required for a safe and enjoyable experience. Alpine touring skis, skins, boots, and poles can be rented for \$60.00/day. Snowshoes can be rented for \$20.00/day. Avalanche safety gear including beacon, shovel, and probe will be provided free of charge. If you have questions as you are selecting your equipment and clothing, please contact us at 970-325-7342 or info@peakmountainguides.com.

SKIING & SNOWBOARDING GEAR

Skis, Splitboard, or Snowboard with Snowshoes - It is acceptable to use alpine touring skis, telemark skis, splitboard, or standard snowboard with snowshoes for traveling. The best skis and snowboards will perform in a variety of snow conditions while still being lightweight for extended touring. Alpine touring packages (skis, skins, boots, poles) are available for rent from our shop.

Climbing Skins - Must be properly fitted and trimmed before your program.

Ski Poles - Adjustable poles with large powder baskets work best in the backcountry. K2 makes excellent adjustable touring poles.

Boots - If you are bringing your own boots they should be properly fitted and broken in before your program. If you'll be traveling on skis during the course we recommend dedicated alpine touring or telemark boots that can hinge at the cuff when touring. SCARPA makes excellent backcountry skiing boots.

Ski Crampons - Spring season only. We will let you know if this item is needed.

Skiing Helmet - Optional for you to bring.

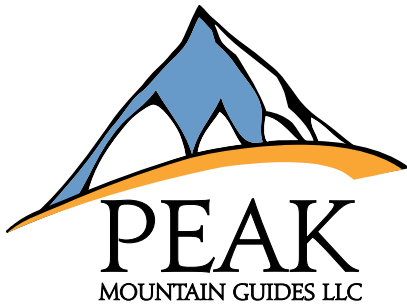
AVALANCHE SAFETY GEAR

Avalanche Transceiver - We will provide you with a BCA avalanche beacon to use during the program. If buying your own, choose a digital model with 2 or 3 antennas. At Peak Mountain Guides we highly recommend the BCA avalanche beacons.

Avalanche Probe - We will provide you with a BCA probe to use during the program. If buying your own, choose one that is at least 240 cm long. Models made of Carbon Fiber offer the best combination of rigidity and light weight. The BCA carbon probes are excellent.

Shovel - We will provide you with a BCA shovel to use during the program. If buying your own, choose one that has a metal blade and telescoping handle. BCA makes excellent models that are functional and lightweight.

Avalung or Airbag backpack - Optional for you to bring.



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MISCELLANEOUS

Backpack - 25-35 liters capacity is typically sufficient. Packs with separate compartments for snow safety equipment and hydration systems work best for on-the-go touring.

Sunglasses & Goggles - Bring both.

Sunscreen & Lip Balm - SPF 30 or greater.

Water Bottles or Hydration System - Bring 2 full liters with you.

Food - lunch and snacks for the day.

Personal Medications - Prescription medications, ibuprofen, etc.

CLOTHING

Ski/Snowboard Socks - Made of wool or synthetic fiber.

Long Underwear Bottoms - Synthetic or wool bottoms worn for warmth and moisture management. Marmot baselayers are excellent.

Shell Pants - Water resistant/breathable softshell models offer good breathability while still shedding wind and light precipitation. The Marmot Tour Pants are favorites of our guides.

Long Underwear Top - Synthetic or wool top worn for moisture management and warmth. Marmot baselayers are very good.

Insulating Top - Fleece or wool top worn for warmth. The Marmot Alpinist Half Zip is a great insulating layer.

Insulating “Puffy” Jacket - Fleece, synthetic, or down “puffy” jacket used for warmth in between climbs. Marmot’s Ama Dablam Jacket or Guide Down Hoody are our top picks.

Shell Jacket - For rain, snow, & wind. Can be made of softshell material (like Marmot M1, M2, M3 fabrics) or hardshell material such as Gore-Tex. Choose a model that has a hood. The Marmot line of softshells and hardshells offer great freedom of movement and reliable protection.

Light Gloves - A lightweight, dextrous glove for mild temperatures. The Marmot Spring Glove provides a great fit and excellent dexterity.

Heavy Gloves - A warm glove that can be worn in cold or stormy conditions. The Marmot Guide Undercuff Glove is a good choice.

Warm Hat - Synthetic or wool. Our guides wear the Marmot Summit Hat.

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