

OFFICE

280 7th Avenue
Ouray, CO 81427

MAIL

PO Box 1025
Ouray, CO 81427

PHONE

970-325-7342

EMAIL

info@peakmountainguides.com

1/2 DAY COMPANION RESCUE CLINIC

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 and 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 any questions as you are selecting your equipment and clothing please feel free to contact us at 970-325-7342 or info@peakmountainguides.com.

WINTER TRAVEL GEAR

Skis, Snowshoes or Splitboard - alpine touring skis, telemark skis, splitboard, or snowshoes for flotation in deep snow.

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

Ski Poles - Adjustable poles with large powder baskets work best in the backcountry.

Boots - Please make sure your boots are warm. If you are concerned about their warmth you can bring chemical toe warmer packets to add warmth.

AVALANCHE SAFETY GEAR (provided free of charge)

Avalanche Transceiver - We will have a variety of models for you to try.

Avalanche Probe - We will have a variety of models for you to try.

Shovel - We will have a variety of models for you to try.

MISCELLANEOUS

Backpack - 20-30 liters capacity is typically sufficient. Packs with separate compartments for snow safety equipment are best for backcountry skiing.

Sunglasses & Goggles - Bring both.

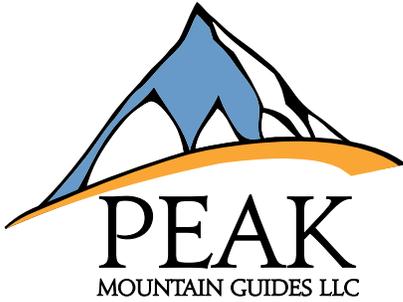
Sunscreen & Lip Balm - SPF 30 or greater.

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

Food - lunch and/or snacks for the day.

Personal Medications - Prescription medications, ibuprofen, etc.

Camera - Optional.



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CLOTHING

Long Underwear Bottoms - Synthetic or wool baselayer worn for warmth and moisture management.

Shell Pants - Water resistant/breathable pants that will shed snow and moisture.

Long Underwear Top - Synthetic or wool baselayer worn for moisture management.

Insulating Shirt - Expedition weight fleece or wool top worn as an insulating layer.

“Puffy” Jacket - Fleece, synthetic, or down jacket used for warmth.

Shell Jacket w/Hood - A hooded waterproof/breathable jacket for protection from rain, snow, & wind.

Ski/Snowboard Socks - Synthetic fabrics or wool work best.

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

Heavy Gloves - A warm glove for cold or stormy conditions.

Warm Hat - Synthetic fabrics or wool work best.

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