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SKI MOUNTAINEERING COURSE

EQUIPMENT & CLOTHING LIST

All of the items listed below are required for a safe and enjoyable experience. Items with an asterisk (*) are available for rent from our shop. Avalanche safety gear and mountaineering equipment 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.

SKIING & SNOWBOARDING EQUIPMENT

Skis* or Splitboard - 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.

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 Straps - Bring two of these rubberized straps for securing skis on your pack. Good models are made by Black Diamond and Voile.

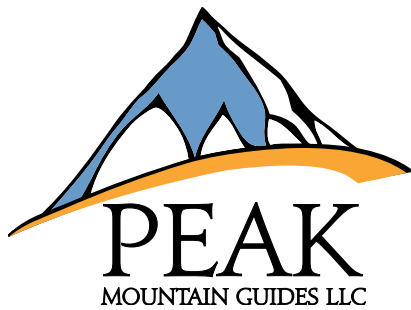
AVALANCHE SAFETY EQUIPMENT (provided free of charge)

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.



MOUNTAINEERING EQUIPMENT (provided free of charge)

Harness - A lightweight, packable harness for glacier travel and ski mountaineering. Models weighing less than 16 ounces are best. Padding is not necessary. Adjustable leg loops, gear loops, and a belay loop are nice features for climbing.

Climbing Helmet – Must be CE certified and designed for technical climbing. Models made by Petzl are excellent.

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 Glacier LiteRide is a good model that weighs 12 ounces.

Boot Crampons - If you are buying your own crampons for ski mountaineering we recommend models made of aluminum. Their light weight makes them easy to carry yet they are highly functional for firm snow. The Camp XLC 390 is a great model that weighs about 14 ounces.

Carabiners - Two locking carabiners and two non-locking carabiners.

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 warmth and 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.

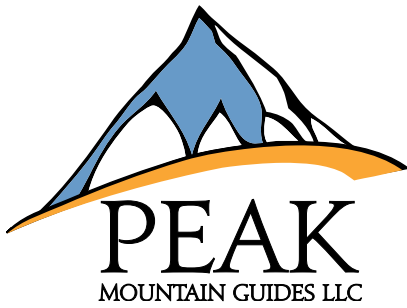
Ski/Snowboard Socks - Synthetic fabrics or wool work best.

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

Heavy Gloves - A warm glove for skiing in 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.



CAMPING EQUIPMENT & MISCELLANEOUS

Backpack* - Around 45-55 liters capacity and ideally weighing less than 5 pounds. Packs with separate compartments for snow safety equipment and hydration systems are most functional for on-the-go touring.

Summit Pack (optional) - A small, lightweight summit pack can be brought for the day trips we do from our basecamp. Around 25 liters capacity is typically sufficient.

Sleeping Bag* - For winter programs a bag rated to 0 degrees is about right for most people. For spring programs a bag rated to 15 degrees is about right for most people. Sleeping bags with goose down fill are most packable and lightweight.

Compression Stuff Sack - To make your sleeping bag as packable as possible.

Sleeping Pad* – Full length closed cell foam or inflatable pad. Z-Rest closed cell foam or Thermarest Prolite 3 inflatable models are good. If you bring an inflatable pad be sure to bring a small repair kit.

Tent* - A four season tent designed for inclement weather is best for multi-day trips. Models made by Marmot, Black Diamond, or Mountain Hardwear are good.

Stove* – Lightweight White Gas models work best in a variety of conditions. The MSR Whisperlite is a good model. Canister stoves such as the Jetboil are lightweight and convenient but they can be tricky to operate in below-freezing conditions.

Fuel Bottles & Fuel* - plan to bring 6 ounces of fuel per person per day. If you will be traveling on an airline prior to the course, you can rent fuel bottles and purchase fuel from our shop at the beginning of the course.

Cooking Pot* - bring one 2-3 liter pot for boiling water and/or cooking food.

Food – Plan for 3 breakfasts, 4 lunches, and 3 dinners. Please see the attached “Meal Planning for Alpine Mountaineering” document for suggestions.

Headlamp - Lightweight LED models are good. Bring one set of extra batteries.

Sunglasses & Goggles - Must block 100% UVA/UVB.

Sunscreen & Lip Balm - SPF 30 or greater.

Water bottles or hydration system - 2 liters of capacity is good. If you bring a hydration system please bring an additional plastic water bottle in case the hydration bag breaks.

Ziplock bag - Please bring 1 one-gallon zip lock bag as a trash receptacle.

Personal Toiletries and Medications– Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, hand sanitizer, small package of baby wipes. Toilet paper is optional, but if you choose to bring it also bring 1 extra ziplock bag for packing it out to the car.

Mug & Spoon – Plastic insulated mug with 12 -20 oz. capacity and a plastic spoon.

Camera & extra memory card - Optional.

Repair Kit – Duct tape, patch kit such as a Thermarest repair kit, small pocket knife.

Butane Lighter