



Live to Ski Camp Equipment List

1 Winter Ski Hat (wool or synthetic)
1 Baseball Hat or Visor (for sun protection, should be lightweight)
1 pair Insulated Gloves
2 pair Thin Gloves (wool, fleece or poly-pro) – windstopper / softshell recommended
Approach shoes for trails (may be snowy and wet)

1 T-shirt (synthetic or wool)
1 Long sleeve Mid to Heavy Weight Shirt (synthetic or wool)
1 Jacket (fleece or soft-shell)
1 Insulated Jacket (down or synthetic) - with a hood is best
1 Waterproof Shell Jacket (w/hood)

1 Silk Weight Long John Bottoms (wool or synthetic)
1 Mid-Weight Long John Bottoms (wool or synthetic)
1 pair Softshell breathable Pants
1 Waterproof Shell Pant

Sleeping Bag (15° recommended)
Winter Sleeping Pad (Ridge-Rest recommended)
Backpack (>3,000 cubic in. (45 liters collapsible, straps for skis and ice axe)
Small day/ski pack (30 liters with straps for skis and ice axe)
Lightweight tent for 1-2p (Black Diamond Firstlight or Highlight tent recommended)

Skis/Snowboard (bindings checked, edges sharp, bases waxed for spring snow)
Ski Poles (best if they collapse, but not essential)
Skis/Snowboard boots – must fit well
Climbing Skins – fit to skis
Beacon/Shovel/Probe
Ice axe
Crampons
Ski Crampons
Helmet (ski or mountaineering/climbing)
Harness (PLUS: 2 locking carabiners, long sling, belay device)
Goggles
Sunglasses

Sun Screen (35+ SPF)
Lip Balm w/ Sunscreen
Headlamp (w/spare bulb and batteries)
Spoon and Fork – lightweight
Large eating bowl – lightweight
12-ounce insulated drinking mug
2 Water Bottles (quart size) Camelbaks not recommended due to freezing problems
Toilet Paper, Lighter, and two zip lock bags
Personal medications
Personal food items (if you like GU, drink mix, Clif Bars, etc...)
1 Trash bag – to keep your clothes dry while in the mountains

The following equipment is supplied by Exum:

Stoves and Fuel
Cook Pots and other Cooking Gear
First Aid Supplies
Repair Kit
Ropes