



## EQUIPMENT LIST FOR SKI MOUNTAINEERING

## NOTES

Ski pack 32-45L. The pack should be designed to carry avalanche rescue equipment	Exum can provide. Limited quantities. Must notify office
<b>RESCUE KIT</b>	
Rescue shovel	Exum can provide. Must notify the office
Probe	Exum can provide. Must notify the office
Beacon/Transceiver	Exum can provide. Must notify the office
Communication device/Satellite or other	Guide will provide device and give instruction on how to use.
<b>HARDGOODS</b>	Exum can provide, notify office and discuss with your guide.
Climbing/Ski Helmet	Exum/Guide can provide climbing helmet
Lightweight ski mountaineering harness	Exum/Guide can provide
Rappel device	Exum/Guide can provide
2 locking carabiners	Exum/Guide can provide
1 48" nylon runner	Exum/Guide can provide
Ice axe/axes	Exum/Guide can provide
Crampons	Exum/Guide can provide
<b>PERSONAL KIT</b>	
<b>Covid - 19 regulations require a face covering.</b> Face covering, neck gaiter or neck tube, something that you can cover your face with, in cold temps or high wind	
Hand sanitizer – <b>Required 2 oz at minimum</b>	
Synthetic or wool base layer top and bottom	
Lightweight fleece or wind shirt	
Soft shell jacket	
Soft shell pants	
Shell jacket must be waterproof	
Shell pants must be waterproof	
Light insulating top – Synthetic or down that can be worn under a shell jacket	
Mid insulation jacket- Synthetic or down, with a hood that can fit over ALL layers	
Heavy weight gloves or Mittens- For cold or stormy weather	

Mid-weight gloves- These can be worn for skinning or hiking uphill	
Winter Hat- Warm hat, wool or synthetic	
Baseball Hat or visor	
Sunscreen	
Lip Balm	
Sunglasses	
Ski Goggles	
2 – 32 oz/1Liter water bottles – HYDRATION BLADDERS FREEZE	
Food – Please don't forget your healthy snacks to fuel your day	
<b>SKI TOURING GEAR</b>	
Alpine touring boots that fit your skis	DO THEY WORK AND ARE THEY IN GOOD CONDITION?
Skis with touring bindings	DO THEY WORK AND ARE THEY IN GOOD CONDITION?
Skins that fit your skis – double check!	DO THEY WORK AND ARE THEY IN GOOD CONDITION?
Poles that are adjustable and have backcountry baskets	DO THEY WORK AND ARE THEY IN GOOD CONDITION?