



## Bow-Yoho Traverse Backcountry Ski Tour Equipment List

### Technical Equipment

Bring the following, or rent it (see 'Trip Info Links' at the bottom of the Bow-Yoho Traverse page):

- Alpine touring (or telemark\*) skis and ski boots
- Collapsible, lightweight ski poles
- Climbing skins (stick-on), fitted to your skis
- Ski crampons
- Large backpack (50-70 liters). You will also have to carry some group gear.

\*Only bring telemark skis if you are an advanced telemark skier with backcountry experience.

If you do not have one or more of the following items, you can rent them from the above retailers, or OnTop can provide them. Please book in advance.

- Digital, 3-antenna avalanche transceiver
- Lightweight snow shovel
- Avalanche probe (two to three meters long)
- Harness for glacier travel
- One triple-action locking carabiner or two conventional locking carabiners

Bring the following:

- Crevasse rescue equipment, if you are familiar with it. (Prusik cords, webbing, pulleys, auto-locking device). Your guide will bring a full set.
- Repair kit and Leatherman for your equipment (can be shared between several people)
- Spare parts specific to your equipment

### Clothing

Temperatures in the Canadian Rockies vary hugely. Between December and February, temperatures can be well below 0°C during the day and drop as low as -30°C overnight. Between March and May, it can be above freezing during the day with overnight lows not normally going below -10°C. Having several clothing layering options is important.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Wind and waterproof over-pants (Gore-Tex or similar)
- Ski touring pants (eg. lined Schoeller fabric or similar)

- Thick fleece or wool pullover, or PrimaLoft jacket
- Medium weight fleece shirt
- Thin synthetic or wool underwear, top and bottoms
- Two pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter (eg. Buff)
- Socks (synthetic or wool, thick outer and thin liners)
- Wool or fleece hat that covers your ears
- Gaiters that fit over your ski boot (unless pants seal tightly to your boots)
- Sun hat, preferably with a wide rim
- Bandana (optional)

## **Around the hut**

- Spare underwear and socks
- Light down jacket or vest
- Three-season sleeping bag with stuff sack. Sleeping rooms are unheated.
- Earplugs (optional)
- Light hut slippers or Crocs (optional – socks or ski boot liners work too)
- Toiletries (keep to a bare minimum – the huts have minimal washing facilities)

## **Other items**

- Sunglasses with high UV protection
- Ski goggles with high UV protection
- Sunscreen and lip protection with high SPF
- One-liter water bottle with insulator. Water bladders not recommended
- Thermos (optional)
- Headlamp with spare battery
- Lunch and snacks (eg. sandwiches, candy bars, dried fruit, nuts, etc.)
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Health and travel insurance documents
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional)
- Rain cover specific to your pack, or large plastic bag
- Camera, spare batteries (optional)
- Compass, maps, GPS (optional)
- Ski wax / skin wax (optional)
- Hand sanitizer or sanitary hand wipes