



## Talus Lodge Backcountry Ski Week Equipment List

### Technical Equipment

Bring the following, or rent it (see 'Trip Info Links' at the bottom of the OnTop Talus Lodge page):

- ☐ Alpine touring (or telemark\*) skis and ski boots
- ☐ Collapsible, lightweight ski poles
- ☐ Climbing skins (stick-on), fitted to your skis
- ☐ Ski crampons for March and April trips (rent these with rented skis, or purchase your own for your own skis)

\*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 listed retailers or from OnTop. Please book in advance.

- ☐ Digital, 3-antenna avalanche transceiver
- ☐ Lightweight snow shovel
- ☐ Avalanche probe (two to three meters long)

Bring the following:

- ☐ Two small or a medium size duffel bag, or backpack, to transport your things in the helicopter
- ☐ Daypack for ski touring (30-45 liters)
- ☐ General repair kit and Leatherman (can be shared between several people)
- ☐ Spare parts specific to your equipment

### Clothing

Temperatures in the Western Canadian mountain ranges 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 or more 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 lodge**

Space and weight on the helicopter are limited. Please keep personal items to a minimum.

- ☐ Clothing for the hut and for sleeping
- ☐ Extra underwear and socks
- ☐ Light down jacket or vest
- ☐ Earplugs (optional)
- ☐ Light hut slippers or Crocs
- ☐ Toiletries
- ☐ Towel and sauna-wear (optional)
- ☐ Games, books, etc. (optional)

### **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
- ☐ Snacks (eg. 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
- ☐ Ziploc bags to keep important items dry (optional)
- ☐ Rain cover specific to your pack, or large plastic bag
- ☐ Camera with spare batteries (optional)
- ☐ Compass, maps, GPS (optional)
- ☐ Ski wax / skin wax (optional)
- ☐ Hand sanitizer or sanitary hand wipes