



Backcountry Ski Tours in the Canadian Rockies: Day Trips Equipment List

Technical Equipment

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

- ☐ Alpine touring (or telemark*) skis and ski boots
- ☐ Collapsible, lightweight ski poles
- ☐ Climbing skins (stick-on), fitted to your skis
- ☐ Ski crampons (required for trips in March, April, and May)
- ☐ Backpack (30-45 litres). 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 listed 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 (if necessary for your ski tour)
- ☐ One triple-action locking carabiner or two conventional locking carabiners (if necessary for your ski tour)

Bring the following:

- ☐ Crevasse rescue equipment, if necessary for your ski tour, and if you are familiar with it. (Prusik cords, webbing, pulleys, auto-locking device). Your guide will bring a full set.
- ☐ Spare parts specific to your equipment

Clothing

Temperatures in the Canadian Rockies vary hugely. Between December and February, temperatures can be anywhere from -30°C / -22°F to 0°C / 32°F. Between March and May, it can be above freezing during the day with overnight lows not normally going below -10°C / 14°F. 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)
- ☐ Warm pants (eg. lined Schoeller fabric)
- ☐ Thick fleece or wool pullover, or PrimaLoft jacket

- ☐ Light down jacket or vest for rest stops
- ☐ 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)

Other items

- ☐ Lunch and snacks (eg. sandwiches, candy bars, dried fruit, nuts, etc.)
- ☐ Sunglasses with high UV protection
- ☐ Ski goggles with high UV protection
- ☐ Sunscreen and lip protection with high SPF
- ☐ One-litre water bottle with an insulator. Water bladders not recommended
- ☐ Thermos (optional)
- ☐ Headlamp with fresh batteries•
- ☐ 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)
- ☐ Camera, spare batteries (optional)
- ☐ Compass, maps, GPS (optional)
- ☐ Ski wax / skin wax (optional)
- ☐ Personal amount of toilet paper in a Ziploc bag
- ☐ Hand sanitizer or sanitary hand wipes
- ☐ Feminine hygiene supplies
- ☐ Comfortable clothing and shoes to leave in the car for return to civilization

Group gear – will be supplied by OnTop Mountaineering and split amongst the participants to carry

- ☐ Emergency tarp
- ☐ General repair kit and Leatherman
- ☐ Maps, compass, GPS, altimeter watch
- ☐ Phone with power bank, radio, satellite phone or other emergency communication device
- ☐ First-aid kit
- ☐ Glacier travel rope and crevasse rescue gear (if necessary)