



## EQUIPMENT LIST: BACKCOUNTRY SKI TOURING-LODGE BASED

### Technical Equipment:

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- Telemark, Alpine Touring skis or Splitboards\*:  
Only bring your telemark skis /splitboards if you are at least an advanced/intermediate telemark skier with backcountry experience
- Telemark or alpine touring boots\*
- Collapsible ski poles\*, \*\*
- Climbing skins (stick-on) that fit your touring skis / splitboard\*
- Avalanche transceiver (457 Megahertz)\*, \*\*
- Lightweight snow shovel\*, \*\*
- Avalanche probe\*, \*\*
- Backpack or duffle bag to pack your stuff for heli-transport
- Day-touring backpack (30 - 45 litres)\*\*
- Climbing harness for glacier travel\*\*
- One locking carabiner\*\*
- Crevasse rescue equipment, if you are familiar with it (optional). (Prusik slings, webbing, pulleys, auto-locking device). Your guide(s) will bring a full set.
- Ski crampons\* (obligatory for any spring trips. Usually rented with a ski touring set – renting ski crampons for your own skis is problematic as rental shops only carry those that are compatible with the binding models they carry)
- Repair kit for your skis (can be shared between 2 people)

\* can be rented from a shop locally. Best to reserve any equipment well ahead of your arrival.

\*\* can be rented from OnTop. Best to bring your own equipment, if you have it.

### CLOTHING

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Temperatures in the Western Canadian mountain ranges vary hugely. Early season (December – February) temps can drop as low as –30C, whereas in spring (mid-March – May) it can warm up to above freezing temps and overnight lows are not usually below –10C. The list is meant as a guide line, but we realize that our guests have their clothing priorities and substituting certain items with other equivalent pieces of clothing might be a valid alternative. If you do so, you should discuss it with your guide in the pre-trip briefing.



OnTop Mountaineering  
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Toll free: 1800-506-7177

- Wind and waterproof (Gore Tex or similar) shell jacket with hood
- Wind and waterproof (Gore Tex or similar) over pants
- Ski touring pants (preferably Schoeller fabric or similar)
- Fleece or wool pullover or jacket
- Medium weight fleece shirt
- Polypro, fleece or wool underwear, top and bottoms
- 2 Pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter
- Socks: thick (wool) outer and thinner liners
- Wool or fleece hat, covering the ears
- Gaiters (unless pants lock tightly to your boots)
- Sun hat, preferably with wide rim
- Bandana (optional)

#### **LODGE:**

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- Clothing for the hut – keep to a minimum
- Sleeping bag (three-season bag sufficient – some lodges supply bedding)
- Large and small towel for sauna
- Spare underwear, socks
- Toiletries
- Swim trunks (optional) for sauna
- Down vest or light insulated jacket (optional)
- Very light hut slippers / down booties
- Ear plugs (optional)
- Games / books etc (optional)



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## OTHER ITEMS:

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- Sun Glasses (with very good UV protection, extra pair is a good idea)
- Goggles
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or camelbak (if too cold, bladder tube might freeze up!)
- Head lamp with spare battery and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (Prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses etc.)
- Pocket knife or leatherman tool
- Passport
- (Health) insurance documents
- Zip-lock bag for wallet and documents to keep them dry (recommended)
- Camera, spare batteries (optional)
- Compass, maps and GPS (optional)
- Ski wax / skin wax (optional)