

EQUIPMENT LIST FOR SKI MOUNTAINEERING PROGRAMS:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.

CLOTHING:

Light or medium weight long underwear top – polypropylene or capilene
Light or medium weight long underwear bottom – polypropylene or capilene
Light weight fleece or wool sweater or vest
Heavy fleece or wool sweater
Down or synthetic insulated jacket
Waterproof/breathable (Gore-tex or equivalent) pants or bibs
Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood
Warm socks – wool or wool/synthetic blend
1 medium weight pair of gloves
1 heavy waterproof pair gloves or mittens
Heavy polar fleece or wool hat – must come down over the ears
Polar fleece neck gaiter or balaclava

PERSONAL GEAR:

Sun visor or ball cap (optional/recommended)
Good quality sun glasses or glacier glasses, preferably with side shields
Ski goggles
Sun block & lip crème (SPF 15 or more)
Toilet paper
2 1qt water bottles
Lunch and snacks for each day
Ski poles
Telemark or Randonee skis and boots
Climbing skins for skis

GEAR NEEDED FOR OVERNIGHT/CAMPING TRIPS:

Headlight w/fresh batteries and spare bulb
Eating utensils (bowl, spoon & cup)
Polar fleece pants with full side zips
Sleeping pad (Therm-o-rest or 3/8” ensolite)
Sleeping bag – down or synthetic (rated 0 to 20 degrees F)
Good quality internal frame pack, 5,000 to 6,000 cu. inches

TECHNICAL CLIMBING GEAR:

Crampons (necessary on some trips, available to rent from TMG, \$8/day)
Ice axe (60 to 70cm) long (necessary on some trips, available to rent from TMG, \$8/day)
Day pack for non overnight trips (available to rent from TMG, \$8/day)
Climbing harness (necessary on some trips, provided by TMG)
Harness (necessary for some trips, provided by TMG)