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COLORADO SKI MOUNTAINEERING

EQUIPMENT & CLOTHING LIST

The San Juan Mountains, home to a vast diversity of ski terrain including grand bowls, skinny couloirs, and glorious gladed tree runs, are known for ample snowfall with consistent periods of clear and sunny weather between storms. The storm tracks bring big dumps and excellent skiing conditions. The clear, sunny periods between storms can last for weeks, making this one of the finest climates for backcountry skiing anywhere.

Despite such a good outlook for our program we'll still need to be prepared for serious mountain weather, which could arise at any time. The dramatic relief of the San Juan Mountains can give a boost to incoming weather and any storm has the potential to test our equipment to the fullest. Daily temperatures while skiing can range from 40 degrees and sunny to zero degrees and stormy. With this potential for such a wide range of temperatures and conditions we will need equipment and clothing that is versatile. Clothing should be light, warm, dry quickly, and allow you freedom of movement. Typically, a layering approach based on several thin layers of insulation rather than one thick one, with a weather-proof outer shell, works best in changing conditions.

If you have any questions as you are selecting your equipment and clothing please feel free to contact us. We are familiar with many of the products available and have tested many of them in adverse mountain conditions.

Note: Skis with touring bindings, skins, ski boots, and poles can be rented for \$50/day.

SKIING EQUIPMENT

Skis or Snowboard - alpine touring skis, telemark skis, or splitboard. The best skis and snowboards will perform in a variety of snow conditions while still being lightweight for extended touring. Generally speaking, skis with a width of around 95mm at the waist that weigh less than 8.5 pounds seem to strike a good balance between skiing performance and touring comfort. Splitboards made by Voile, Prior, and Venture offer an excellent blend of performance and touring capability.

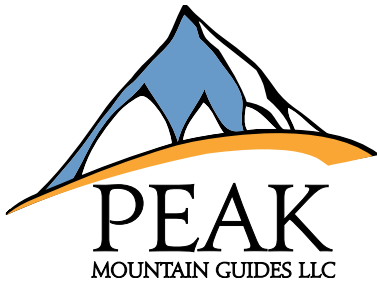
Climbing Skins - Must be properly fitted and trimmed for your skis.

Ski Crampons - Spring programs only. We will let you know if you need ski crampons. Choose a model that is specifically designed to work with your bindings. Dynafit, Fritschi Diamir, Silveretta, and Marker all make ski crampons specifically designed to work with their bindings. For telemark bindings, check out the ski crampon setups sold by B & D Gear at www.bndskigear.com. Voile makes crampons for splitboard bindings.

Ski Poles - Adjustable poles are nice in the backcountry. The best models are made by Black Diamond. Powder baskets are best for backcountry skiing in deep snow.

Boots - They should be properly fitted and broken in before your program. When purchasing new boots it is best to try on a variety of models and choose the one that fits best. Dedicated alpine touring or telemark boots offer the most comfort for extended ski mountaineering.

Ski Straps - Bring two of these rubberized, multi-purpose straps for securing skis on your pack. Voile, Black Diamond, and G3 make great ski straps.



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SNOW SAFETY EQUIPMENT (provided free of charge)

Avalanche Transceiver - We will provide you with a BCA Tracker beacon to use during the course. If buying your own, choose a digital model with 2 or 3 antennas. At Peak Mountain Guides we highly recommend the BCA Tracker and Tracker 2 beacons.

Avalanche Probe - We will provide you with a BCA Profile 240 probe to use during the course. If buying your own, choose one that is at least 230 cm long. Models made of Carbon Fiber offer the best combination of rigidity and light weight. The BCA Carbon 260 probe is an excellent probe.

Shovel - We will provide you with a BCA Traverse EXT shovel to use during the course. If buying your own, choose one that has a metal blade and telescoping handle. G3, Voile, and BCA make excellent models that are functional and lightweight.

Avalung or Airbag Backpack - Optional.

MOUNTAINEERING EQUIPMENT (provided free of charge)

Harness - A lightweight, packable harness for glacier travel and ski mountaineering. Models weighing less than 16 ounces are best. Padding is not necessary but is nice when rappelling or lowering in steep terrain. Adjustable leg loops, gear loops, and a belay loop are nice features for climbing. Models made by Petzl are excellent.

Climbing Helmet – Must be CE certified and designed for technical climbing. Models made by Petzl are excellent.

Ice Axe - Hybrid models with a steel head and aluminum shaft offer a blend of performance and weight savings for ski mountaineering. 50 cm length is best. The Petzl SnowRacer is a good model that weighs 12 ounces.

Boot Crampons - If you are buying your own crampons for ski mountaineering we recommend models made of aluminum. Their light weight makes them easy to carry yet they are highly functional for firm snow. The Camp XLC 390 is a great model that weighs about 14 ounces.

Carabiners - Two locking carabiners and two non-locking carabiners.

CAMPING EQUIPMENT & MISCELLANEOUS

Backpack - Around 45-55 liters capacity and ideally weighing less than 5 pounds. Packs with separate compartments for snow safety equipment and hydration systems are most functional for on-the-go touring.

Sleeping Bag - For winter programs a bag rated to 0 degrees is about right for most people. For spring programs a bag rated to 15 degrees is about right for most people. Sleeping bags with goose down fill are most packable and lightweight.

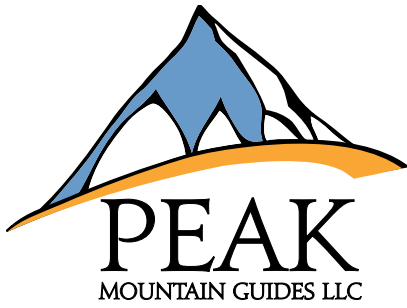
Compression Stuff Sack - To make your sleeping bag as packable as possible.

Sleeping Pad – Full length closed cell foam or inflatable pad. Z-Rest closed cell foam or Thermarest Prolite 3 inflatable models are good. If you bring an inflatable pad be sure to bring a small repair kit.

Headlamp - Lightweight LED models are good. Bring one set of extra batteries.

Sunglasses - Must block 100% UVA/UVB. Models with side shields are best. Julbo sunglasses are excellent.

Goggles - Light lenses are best for flat light conditions.



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Sunscreen - SPF 30 or greater.

Lip Balm - SPF 30 or greater.

Water bottles or hydration system - 2 liters of capacity is good.

Ziplock bag - Please bring 1 one-gallon zip lock bag as a trash receptacle.

Personal Toiletries and Medications— Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, hand sanitizer, small package of baby wipes. Toilet paper is optional, but if you choose to bring it also bring 1 extra ziplock bag for packing it out to the car.

Mug & Spoon – Plastic insulated mug with 12 -20 oz. capacity and a plastic spoon.

Camera, battery charger, & extra memory card - Optional.

Repair Kit – Duct tape, patch kit such as a Thermarest repair kit, small pocket knife.

Butane Lighter

Food – See the meal planning information sheet for suggestions.

The following camping items are provided free of charge:

Tent - A four season tent designed for inclement weather is best for multi-day trips. Models made by Marmot, Black Diamond, or Mountain Hardwear are good.

Stove – Lightweight White Gas models work best in a variety of conditions. The MSR Simmerlite is a good model. Canister stoves such as the Jetboil are lightweight and convenient but they can be tricky to operate in below-freezing conditions.

Fuel Bottles – For cooking meals only, 6 ounces of fuel per person per day is sufficient. If snow must be melted for water, plan on 10 ounces per person per day.

Cooking Pot – 1 – 2 liter capacity is typically sufficient. Titanium models made by Evernew are the lightest available.

CLOTHING

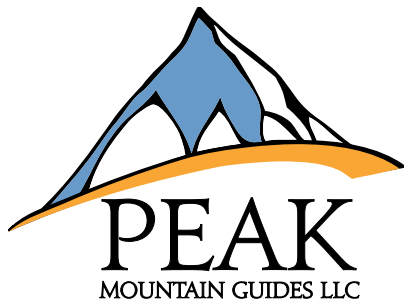
Wicking Baselayer Bottoms - Midweight synthetic or wool bottoms worn for moisture management. Patagonia Capilene 2 or Wool 2 are very good.

Insulating Bottoms - Expedition weight synthetic or wool bottoms worn for warmth. Patagonia Capilene 4 or Wool 4 are very good.

Shell Pants - Water resistant/breathable softshell models made of Schoeller fabrics (or similar) are very good for managing moisture on the way up, and shedding snow on the way down. The Marmut Castor & Champ Pants are good models.

Wicking Baselayer Top - Midweight synthetic or wool top worn for moisture management. Patagonia Capilene 2 or Wool 2 are very good.

Second Warm Top - Expedition weight fleece or wool top worn for warmth. Patagonia's Capilene 4 or Wool 4 are very good.



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Insulating Jacket – Fleece or schoeller jacket, light synthetic jacket, or light down jacket. Patagonia’s Nano Puff Jacket is a nice lightweight synthetic model.

Hooded Puffy Coat - An insulated parka with a hood that can be worn over all layers during breaks or during periods of severe cold. The Patagonia DAS Parka is a good synthetic model and Feathered Friends makes excellent down filled models.

Hooded Shell Jacket - For rain, snow, & wind. Lightweight models (less than 18 ounces) such as the Patagonia Stretch Ascent or M10 are best for multi-day trips.

Ski Socks - Bring 2 pair. Synthetic fabrics or wool work best.

Synthetic Underwear - briefs/boxers and sports bra made of synthetic material.

Light Gloves - A lightweight, dextrous glove for temperatures around and above 32 degrees.

Heavy Gloves - A warm glove for skiing in cold or stormy conditions. A modular design is best, where the liners are removable for drying.

Warm Hat - Synthetic fabrics or wool work best.

Sun Hat - Baseball cap or similar design to keep sun off the face.