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## **INTRO TO BACKCOUNTRY SKIING & SNOWBOARDING COURSE EQUIPMENT & CLOTHING LIST**

All of the items listed below are required for a safe and enjoyable experience. Backcountry skiing and snowboarding equipment including skis or splitboard with touring bindings, boots, poles, and climbing skins are provided free of charge. Avalanche safety gear including beacon, shovel, and probe are also provided free of charge.

If you have any questions as you are selecting your equipment and clothing please feel free to contact us at 970-318-1011 or [info@peakmountainguides.com](mailto:info@peakmountainguides.com).

### **SKIING & SNOWBOARDING GEAR (provided free of charge)**

**Backcountry Skis** - If you are a skier we will provide you with a pair of K2 Adventure Series skis with Fritschi Diamir touring bindings.

**Backcountry Snowboard** - If you are a snowboarder we will provide you with a K2 Panoramic Splitboard with Spark R&D bindings.

**Climbing Skins** - We will provide you with K2 climbing skins that are fitted for your skis or snowboard.

**Ski Poles** - We will provide you with K2 adjustable touring poles.

**Boots** - We will provide you with lightweight SCARPA touring boots.

**Skiing Helmet** - Optional for you to bring.

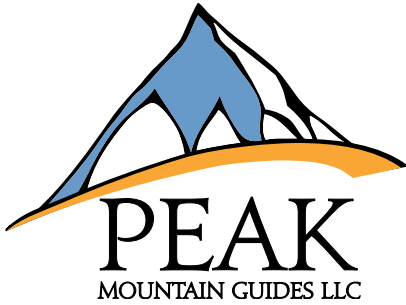
### **AVALANCHE SAFETY GEAR (provided free of charge)**

**Avalanche Transceiver** - We will provide you with a BCA Tracker 2 beacon to use during the program. 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 program. 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 Bomber-I EXT shovel to use during the program. If buying your own, choose one that has a metal blade and telescoping handle. BCA makes excellent models that are functional and lightweight.

**Avalung or ABS Pack** - Optional for you to bring.



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## **MISCELLANEOUS**

**Backpack** - 20-30 liters capacity is typically sufficient. Packs with separate compartments for snow safety equipment and hydration systems work best for on-the-go touring.

**Sunglasses & Goggles** - Bring both.

**Sunscreen & Lip Balm** - SPF 30 or greater.

**Water Bottles or Hydration System** - Bring 2 full liters with you.

**Food** - lunch and snacks for the day.

**Personal Medications** - Prescription medications, ibuprofen, etc.

**Camera** - Optional.

## **CLOTHING**

**Long Underwear Bottoms** - Synthetic or wool baselayer worn for warmth and moisture management.

**Shell Pants** - Water resistant/breathable pants that will shed snow and moisture.

**Long Underwear Top** - Synthetic or wool baselayer worn for moisture management.

**Insulating Shirt** - Expedition weight fleece or wool top worn as an insulating layer.

**“Puffy” Jacket** - Fleece, synthetic, or down jacket used for warmth.

**Shell Jacket w/Hood** - A hooded waterproof/breathable jacket for protection from rain, snow, & wind.

**Ski/Snowboard Socks** - Synthetic fabrics or wool work best.

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

**Heavy Gloves** - A warm glove for skiing in cold or stormy conditions.

**Warm Hat** - Synthetic fabrics or wool work best.

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