



**ST. ELIAS ALPINE GUIDES, LLC**  
**Skiing Equipment List**  
**Individual Equipment List for Ski trips and courses**

The following is a complete list of personal equipment required for our skiing programs. Make sure that your gear is in good working order, especially those items that could potentially make or break your trip such as ski equipment, avalanche rescue gear, and technical gear.

If you need to purchase items on this list, please make those purchases well in advance. While Anchorage has quality gear shops, consider them only as backup for emergency or last minute items (unless you are from Alaska), as they may not have the item you need in stock. **There are no gear stores in McCarthy or Talkeetna.**

Rentals: We have a limited supply of rental equipment available. Please make arrangements with us in advance. Most outdoor stores offer rental equipment as well.

Be sure you have all of the proper equipment before coming to Alaska. If you have any questions or need advice on any of these items, please give us a call.

At the end of this list you'll also find a section on lunch food.

#### SKI EQUIPMENT

- Skis with touring bindings:** *AT, telemark, or split board. Your setup needs to be suitable for uphill touring and downhill skiing.*
- Boots:** *Touring or telemark – they must have a walk mode, regular alpine ski boots will not work.*
- Poles:** *Adjustable poles with powder baskets (ex: Black Diamond Traverse).*
- Climbing skins:** *Fit to skis (ex: Black Diamond Mohair Mix).*
- Ski crampons:** *Compatible with your bindings.*

#### AVALANCHE SAFETY GEAR

- Transceiver:** *Modern, single frequency [457 khz] transceiver, preferably less than five years old. A digital 3-antennae model is highly recommended (ex: BCA Tracker 2, Mammut Pulse Barryvox, Peips DSP).*
- Shovel:** *Lightweight avalanche shovel with metal blade. Extendable handle recommended. (ex: G3 Avitech, BCA Companion EXT).*
- Probe:** *Dedicated probe, ski pole probes are not sufficient.*

#### TECHNICAL GEAR

- Ice axe:** *Lightweight 55-70cm mountaineering axe recommended (ex: Black Diamond Raven).*
- Boot crampons:** *10 or 12 point mountaineering crampon, steel is preferred (ex: Grivel G10).*
- Harness:** *Lightweight alpine harness with adjustable leg loops (ex: Black Diamond Couloir). For safety reasons, your harness needs to be less than 10 years old and in good condition.*

- (2) Locking carabiners:** *Pear shaped biners recommended (Petzl Attache).*
- (3) Non-locking carabiners:** *Wire gate biners recommended (Black Diamond Oz).*
- (2) Cordelettes:** *6mm or 7mm nylon static cord, one 15-20' in length (5-6m), and 30' in length (9-10m).*
- Extra rigging:** *5mm cord, 30' in length (9-10m).*
- Climbing or skiing helmet:** *Required for ski mountaineering programs.*

#### PACKS & BAGS

- Large duffel bag:** *110 liters+, used primarily for transporting your personal equipment (ex: Patagonia Black Hole Duffel).*
- Day pack:** *30 to 40 liters, should have some sort of ski attachment system (A-frame, vertical, diagonal, etc). Optional: Avalung or airbag pack.*
- Overnight pack:** *60-90 liter internal frame pack. Not required for Little Switzerland or the Mountain House.*
- (2) Ski straps:** *Orange rubber Voile straps work great.*
- Sleeping bag:** *Down or synthetic, rated to 0° F. Keep in mind that not all bags are created equal and manufacture's ratings tend to be subjective. Take into consideration how warm you sleep, and feel free to err 10° on either side of 0.*
- Inflatable pad:** *Full length (ex: Thermarest Prolite Plus). Not required for the Mountain House.*
- Closed cell foam sleeping pad:** *Full or 3/4 length (ex: Cascade Designs Ridgerest). Not required for the Mountain House.*

#### HEAD

- Sunglasses:** *Glacier glasses or dark tinted wrap arounds, should have full UV protection. Bring an extra pair.*
- Goggles:** *Preferably with low light lenses (amber or rose) and UV protection.*
- Warm hat:** *Fleece, wool or synthetic.*
- Sun hat:** *Baseball cap, visor, etc.*
- Face protection:** *A Buff® is very versatile, providing protection from the sun, cold, and wind. Other options include a neck gator or balaclava.*

#### HANDS

- Light glove:** *Fleece, softshell, or synthetic liner glove.*
- Ski glove:** *Should be a wind and water-resistant winter glove.*
- Extra gloves**

#### UPPER BODY

*There are many possible layering combinations for your upper body. The goal is simply to have a system that is functional in a wide range of weather conditions, from extreme cold to intense heat, strong wind, heavy rain and snow...or beautiful sunny weather.*

- Sun shirt:** *Long sleeved, light synthetic fabric (ex: Patagonia Sun Hoody or Mountain Hardwear Canyon Shirt).*
- Baselayer top:** *Light to medium weight synthetic fabric, long sleeved (ex: Patagonia Capiline 1 or 2 or Merino Wool).*
- Lightweight insulating layer:** *Light fleece or synthetic layer (ex: Patagonia R1 Hoody).*

- Softshell or fleece jacket:** *Great outer layer for cold or windy conditions (ex: Patagonia Ascensionist Jacket).*
- Shell jacket with hood:** *Gore-tex or equivalent waterproof fabric.*
- Insulated parka:** *Down or synthetic with a hood (ex: Patagonia DAS Parka).*

#### LOWER BODY

- Baselayer bottoms:** *Medium weight (Patagonia Capiline 2 or Merino Wool).*
- Softshell pant:** *Comfortable for touring, climbing, and skiing in all day. Breathability is more important than weather protection, built in gaiters are a plus (ex: Patagonia Backcountry Guide Pant).*
- Hardshell pant:** *For adverse weather. These should have full side zips (ex: First Ascent Rainier Storm Shell).*
- Insulated pants (optional):** *A nice luxury item for wearing around camp (ex: Mountain Hardware Compressor PL Pant).*

#### FEET

- Ski boots:** *Touring or telemark – they must have a walk mode, regular alpine ski boots are heavy and lack the necessary range of motion.*
- Socks:** *Bring at least four pairs of socks (wool or synthetic) that work well with your ski boots. Keep in mind that warmth comes from good circulation, not heavy socks. Your ski boot liners provide plenty of insulation.*
- Camp booties or snow boots:** *Allow us to give our feet a break from ski boots when hanging around camp (ex: Forty Below Camp Booties or Sorrels).*

#### MISCELLANIOUS

- Sunscreen:** *SPF 30 or greater, no spray on (ex: Doc Martin's of Maui).*
- Lip balm:** *With SPF protection.*
- Knife:** *Small lightweight pocket knife.*
- Headlamp (not required for June trips):** *Small LED headlamp recommended (ex: Petzl Tikka).*
- (2) Water bottles:** *One-quart wide mouth bottles with a screw top work best in the mountains.*
- Hydration system (optional):** *An insulated tube is essential – be sure to bring regular water bottles as a backup.*
- Thermos (optional):** *Half-liter size recommended.*
- Lunch food:** *See below.*
- Camera:** *Don't forget extra batteries and extra memory cards.*
- Watch:** *Altimeter recommended.*
- (3) Bungee cords:** *For sled rigging. Not required for Little Switzerland or Mountain House.*

#### EATING UTENSILS

*Not required for the Mountain House.*

- Insulated mug**
- Bowl:** *Plastic w/lid recommended (ex: GSI Fairshare).*
- (2) Spoons or sporks**

## PERSONAL FIRST AID/TOILETRIES

*Guides will carry a well equipped group first aid kit.*

**Personal toiletry kit:** *Toothbrush, toothpaste, dental floss, q-tips, small bottle of hand sanitizer, baby wipes, gender specific items.*

**Personal first aid kit:** *Band-Aids, blister repair, anti-diarrheal (Immodium), antacid, ibuprofen or aspirin, any personal prescription medications (please discuss these with us prior to the trip).*

## OPTIONAL ITEMS

**Repair kit:** *We strongly suggest carrying a small repair kit with items specific to your ski or split-board equipment. Extra binding parts (including mounting screws), an extra tip loop for your skins, an extra pole basket, etc. Other great MacGyver items are bailing wire, zip ties, and duct tape.*

**Wax:** *For skis and to prevent snow from glomming onto your skins.*

**Gaiters:** *Should fit well over your ski boots.*

**Chemical hand warmers**

**Ear plugs**

**Sleeping mask**

**Reading material:** *Books, magazines.*

**Journal w/pencil**

**iPod**

**Pee bottle:** *Clearly marked! Preferably a different shape from your water bottle.*

**Female urination device:** *Only recommended if you've used one successfully prior to your trip. "They can be great, and they can be a disaster" –Female SEAG Guide.*

**Compass/GPS**

**Binoculars**

## GROUP EQUIPMENT

*We will provide all necessary group equipment for you trip such as tents, stoves, ropes, and rescue gear.*

## LUNCH FOOD

*Suggested amounts in weight. Repackaging foods helps reduce volume. For ski trips, consider these amounts guidelines – it's OK to bring a little more, but we don't recommend bringing much less.*

**Little Switzerland (7 days in the mountains):** *6-8 lbs, medium stuff sack.*

**Mountain House (6 days in the mountains):** *5-7 lbs, medium stuff sack.*

**Alaska First Descents (10 days in the mountains):** *9-12 lbs, large stuff sack or small duffel.*

**Summer Ski Mountaineering Course (6 days in the mountains):** *5-7 lbs, medium stuff sack.*

There is a saying in the mountains that, "Lunch begins after breakfast and ends before dinner." In other words, we're snacking all day long. Eating well is vital to maintaining our physical strength and mental well-being in the mountains.

- Take care when shopping for your lunch food. Make a list that you can add to as you go.
- Bring foods that you like.
- Have a good ratio of carbohydrates, proteins, and fats.

- Make sure you cover the spectrum of tastes, from sweet to savory.
- Energy bars and gels are great, but only to an extent. While clever marketing may imply that we need to eat specialized energy foods when we're outdoors, normal food provides us with just as much nourishment and usually tastes better. Limit bars and gels to no more than 20% of your food weight.
- Variety is key. Don't just bring 5 lbs of trail mix and 20 Snickers bars – bring smaller amounts of many different options. What is appetizing in the mountains is often times different from what sounds appetizing at sea level. With a good variety you'll have new things to pull out of your food bag every day, and you'll also have better things to trade with other participants.
- Plan to shop for most of your lunch food before coming to Alaska. We'll stop at a grocery store in Anchorage on the first day of your trip and you can pick up any perishables (meats, cheeses, etc) or last minute items, but try to have most of everything else purchased and packed in advance.

Lunch food ideas:

Bagels	Peanut butter
Crackers	Pesto
Tortillas	Cookies
Pringles	Spicy mustard
Nuts	Tabasco/Tapatío
Dried fruits	Smoked oysters
Trail mix (nuts, raisins, M&Ms, etc)	Candy (fruity, sour, candy bars, hard candies, etc)
Cheeses	Pretzels (salted, yogurt covered, peanut butter)
Jerky (beef, turkey, buffalo, salmon...)	Prosciutto
Hummus	Chocolate covered espresso beans, raisins, nuts
Smoked salmon	Pita bread
Cream cheese	Baby carrots, celery, etc
Salami	Avocados
Pepperoni	Apples, oranges
Chocolate	Olives
Energy bars & gels (variety)	
Drink mixes (Gatorade, Crystal Light, lemonade)	