



Touring from the Snow up

EQUIPMENT

1. Alpine touring skis, telemark skis, or snowboard(split-board). Skis should be a minimum of 85mm underfoot to a maximum of 105mm. Wider skis get very heavy and impact your ability to tour uphill.
2. Alpine touring (ski) or snowboard boots. Typical downhill ski boots do not work for touring. They need to be a comfortable fit boot for any length of tour.
3. Adjustable ski poles.
4. Alpine helmet.
5. Climbing skins. These must fit perfectly so that the p-tex base is covered and only the metal edge is exposed.
6. Functioning ski brakes or retention leashes.

BACKPACK

1. 25-35L backpack that includes chest and waist strap.

CLOTHING

1. Stormproof shell jacket with a hood.
2. Stormproof shell ski pants with vents
3. Midweight fleece shirt or jacket
4. Long underwear top with zip-tee/neck coverage. Synthetic or wool.
5. Long Underwear bottoms. Synthetic or wool.
6. Packable insulated parka appropriate to temperatures and forecast. Synthetic preferred
7. Winter gloves, 2 pairs: 1 light, 1 medium
8. Mittens. Lightweight mittens are important, especially in an emergency situation.
9. Warm hat
10. Balaclava or neck gaiter
11. Ski socks
12. Women's knee-high nylon stockings. Great for blister prevention.

ACCESSORIES

1. Sunglasses
2. Extra buff/face mask
3. Goggles
4. Helmet

FUEL

1. H₂O. 1-2L of water.
2. Food- varies widely based on tour type and length. A mix of complex and quick energy sources.
 - a. Granola bars
 - b. Trail mix