

Cascades Overnight Ski Tours Gear List

The list below reflects all of the items you will need for overnight ski tours in the Cascades. Having a lightweight pack is essential to allowing us to travel efficiently each day and to ski in sometimes challenging terrain while wearing a pack. Because we will be camping in the backcountry for these tours it will take careful planning to keep pack light. Study this list carefully and please ask for evaluation of your current equipment if needed. We will do an equipment check at the start of the tour but due to the remote nature of many of our starting locations it is best to sort out any issues ahead of time.

Some of the climbing specific items will vary depending on objective. Items listed below with a would cover you up through mountaineering objectives like Mt. Adams or Glacier Peak.

NMS will provide all of the group camping, cooking and climbing equipment. Items marked with a **(R)** are available to rent from NMS. Meals are not included in the guide fee. If you would like NMS to provide group meals (dinners, breakfasts & hot drinks) there is an additional \$25(+tax)/person/day charge for this.

Ski Equipment

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- Alpine Touring (Randonnée) or Telemark Skis (R):** i.e. La Sportiva Hi5 or GT ski, K2 Wayback, or Dynafit Manaslu w/ dynafit binding & brakes
 - AT or Telemark Boot:** The most comfortable set up will be a boot with a Thermo fit type liner and a custom foot bed.
 - Ski Crampons (R):** Ski Crampons are required for this trip. This is generally not a problem for AT skiers, but telemark skiers often have difficulty finding a crampon that is compatible with their setup. Contact the office if you have questions on how to find ski crampons that will work with your setup. A couple of tele options include Voile <http://www.voile.com/voile-ski-accessories/voile-ski-crampon.html> and B&D Ski Gear <http://www.bndskigear.com/telemarkcrampons.html>
 - Ski Skins (R):** i.e. Black Diamond Ascension Nylon STS Skins, these should cover the entire base of your ski with the exception of the metal edges. If there is too much base showing it will be much more difficult on the uphill track.
 - Ski Brakes (R) - Do not bring skis without breaks.**
 - Ski Poles (R):** i.e. Black Diamond Traverse or Compactor Ski Pole
 - Ski Strap:** Make sure this fits around your skis and poles i.e. Voile strap
 - Avalanche Beacon (457 MHz) (R):** Start with new batteries and bring a spare set. i.e. Black Diamond DSP Sport
 - Avalanche Probe (R):** This should be a sturdy probe i.e. Black Diamond QuickDraw Probe Tour 320
 - Shovel (R):** This should be a metal shovel i.e. Black Diamond Evac 7
 - Ski pack (R):** 45 -55 Liters with the ability to attach skis easily. i.e. Black Diamond Cirque 45. NMS also has the BD Saga 40 JetForce Avalanche Airbag Packs available to rent. You do not need an airbag for this course but if you are interested in trying one of these packs out for sizing/comfort/packability etc this is an option.

Climbing Gear

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- Ice axe (R):** 55-65 cm i.e. Petzl Summit or Glacier Literide
 - Crampons w/Anti-Balling Plates (R):** These should be a 10 or 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 FL or LL
 - Alpine Climbing Harness (R):** i.e. Petzl Hirundos
 - Helmet (R):** i.e. Petzl Meteor III
 - Carabiners:** 1 locking and 1 non-locking. i.e. Petzl Attache and Spirit carabiners
 - Belay Device:** i.e. Petzl Reverso 4

Camping Gear

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- Sleeping Bag (R):** 0° to 20°F down sleeping bag.
 - Compression Stuff Sack (R):** You should have to work a bit, but not too hard, to squeeze your bag into it. Some stuff sacks are lighter than others.



- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight or Prolite Plus short
- Closed Cell Sleeping Pad (R):** i.e. Ridge Rest

Upper Body Clothing

- Synthetic Long Underwear Shirt:** Light colored lightweight top i.e. Patagonia Mid-weight Zip Neck
- Insulating Layer:** i.e. Patagonia R1 Hoody or Levitation Hoody
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket. i.e. Patagonia Nano Puff or Nano-Air, All Free Jacket
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Refugitive or M10 Jacket
- Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Down Sweater Hoody

Lower Body Clothing

- Synthetic Underwear**
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or Midweight
- Synthetic Climbing Pants:** i.e. Patagonia Dual Point or Simul Alpine Pant
- Shell pant w/ full side zips:** Lightweight w/ full side-zips. i.e. Patagonia Triolet Pant

Head, Hands, and Feet

- Warm Hat or Balaclava:** i.e. Patagonia Lightweight Ski Hat.
- Neck Gaiter or Buff:** This can be good for protecting your face in a cold wind. The Buff is a lightweight neck gaiter than has innumerable uses including doubling as an ear band. We do have NMS buffs available for purchase.
- Sun Hat:** i.e. Patagonia Bimini Cap or other baseball cap with bandana
- Dark Sun Glasses:** Make sure these have the darkest lense (Category 4) i.e. Julbo Bivouak or Dolgan, the Zebra or Spectron 4 lenses are best (non-polarizing).
- Ski Goggles**
- Mid weight glove:** i.e. Black Diamond Terminator or Impulse Glove
- Ski Gloves:** i.e. Black Diamond Guide or Rambla Glove
- Chemical Hand warmers:** optional but nice for people whose hands get cold easily
- Custom Foot Beds:** At the very least you probably want to replace the foot beds that come with your boot with something like Super Feet. A custom foot bed is going to increase the comfort of your boot even more.
- Socks (2 pairs):** These should be a mid weight wool or synthetic ski sock, no cotton.

Other Items

- Mountain Dinners and Breakfasts:** You will need 1 less of each meal than the number of days of the trip. i.e. for a 3-day trip you need 2 dinners and 2 breakfasts. NMS can provide these for the group for an additional fee. We will be cooking with a jet-boil type stove to minimize weight so food items need to be the “add boiling water” type.
- Personal Lunch Food:** Bring a variety of types of food and aim for 1,600 calories/day of lunch food. You will need 3 days of lunch food for a 3 day tour.
- Water Bottle or Thermos:** A good combination is one ½ liter thermos & one 1-liter water bottle.
- Headlamp w/ double set of batteries (R):** i.e. Petzl Myo or Tikka XP
- Repair Kit:** Bring a small kit specific to your bindings. If you are on Tele gear with cable bindings bring an extra cable. We will provide basic repair kits.
- Blister kit:** This should be very small i.e. duct tape, Compeed pads (these are AMAZING for blister prevention/relief and worth their weight in gold, far superior to moleskin), & band-aids.
- Sunscreen:** 2 x 1 oz. tube with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen:** SPF 15 or higher
- Toiletries:** Very small tube of toothpaste, toothbrush. Keep this very light.
- Small Camera:** Rigged to carry on the outside your pack. Do not bring a big SLR.
- Batteries:** Always carry a spare set for your beacon. Also as needed for camera, headlamp, etc.
- Cup & Spoon**
- Altimeter Watch or Standard Watch with Alarm (optional)**
- 2 Heavy Plastic Garbage Bags**



- iPod, Kindle or similar:** optional but nice
- Small Folding Knife**
- Water Purification:** i.e. Aqua Mira (https://www.amazon.com/Aquamira-Water-Treatment-Drops-1oz/dp/B000OR111G/ref=sr_1_1?ie=UTF8&qid=1476723310&sr=8-1&keywords=aqua+mira) 1 set (Part A & B) would be plenty for a group to share.

Recommended Gear Shops

Leavenworth

Leavenworth Mountain Sports: Tell them you are skiing with NMS and receive 20% off rentals or 10% off of gear purchases. www.leavenworthmntnsports.com or (509) 548-7864

Seattle

Second Ascent: A great gear shop in Seattle. Second Ascent sells new and used gear. They also rent AT skis (w/ tech bindings), skins, and boots. www.secondascent.com

Feathered Friends: Also a great source for all of your gear needs. Feathered Friends does not rent touring gear. www.featheredfriends.com Seattle, WA

Portland

The Mountain Shop: Retail and Rental shop in Portland www.mountainshop.net 503-288-6768

Next Adventure: The Second Ascent of Portland - sells new and used gear in addition to their rental fleet. <http://nextadventure.net> 503-233-0706

