

## Forbidden Ski Tour Gear list

The list below reflects all of the items you will need for this tour. Thanks to a partnership with Backcountry Access we are able to offer tour participants use of BCA avalanche beacons, probes and shovels. Please contact us if you would like to take advantage of this.

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 this tour 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 starting location it is best to sort out any issues ahead of time.

Northwest Mountain School will provide all of the groups camping, cooking, and technical gear.

### Ski Gear

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- Alpine Touring (Randonnée) or Telemark Skis**
- Ski Brakes**
- Ski Crampons**
- Climbing Skins**
- Ski Poles**
- Avalanche Beacon(457 kHz):** NMS will provide this upon request. i.e. BCA Tracker
- Avalanche Probe:** NMS will provide this upon request.
- Shovel:** NMS will provide this upon request.
- Ski Pack:** 50-60 L pack that has an easy way to attach skis to it. Please keep in mind that you will be given a portion of the group load to carry. There should still be room in you pack after all of the gear on this list is loaded into it.

### Climbing Gear

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- Ice Axe:** Short and light. We use 50 cm axes with no straps. i.e. Petzl Snowracer.
- Boot Crampons:** This is one of the few cases where a lightweight aluminum pair of crampons is the ticket. i.e. Salewa 12P Alunal Combi Crampon. Be sure they are compatible with your ski boots.
- Climbing Harness:** NMS will provide this upon request.
- Locking Carabiner:** Bring a single locking carabiner. i.e. Petzl Attaché.

## Camping Gear

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- Closed Cell Sleeping Pad:** i.e. Ridge-Rest
- Inflatable Sleeping Pad:** We use a Therrm-a-rest ProLight 3 or 4 in the small length.
- Down Sleeping bag:** 0° to 20°F
- Compression Stuff Sack:** You should have to work a bit, but not too hard, to squeeze your bag into it. This is critical for fitting everything into the pack.

## Upper Body Clothing

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- Synthetic Sports Bra/Top**
- Synthetic Long Underwear Top:** i.e. Patagonia Capilene 2 Zip Neck
- Light Fleece Shirt:** i.e. Patagonia R1 Hoody or R1 Flash Pullover
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket.
- Hard Shell Jacket:** As always go for lightweight. i.e. Patagonia Jetstream Jacket
- Puffy Jacket:** Lightweight Down or synthetic. i.e. Patagonia Micro Puff Hooded Jacket

## Lower Body Clothing

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- Synthetic Underwear**
- Synthetic Long Underwear Bottoms (optional):** i.e. Patagonia Capilene 2
- Synthetic Climbing Pant:** We wear the Patagonia Super Guide Pant. These are synthetic pants with a bit of wind resistance and have a built in gaiter/cuff that works well enough with ski boots to allow you to leave your gaiters at home.
- Gore-tex or Similar Pants:** Lightweight with full side-zips.

## Head, Hands, and Feet

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- Warm Hat**
- Neck Gaiter or Buff**
- Baseball cap**
- Sunglasses**
- Ski Goggles**
  
- Light gloves:** i.e. Patagonia Work Glove
- Shelled Ski Gloves:** i.e. Patagonia White Smoke Gloves
  
- AT or Telemark Boot:** The most comfortable set up will be a boot with a Thermofit type liner and a custom foot bed.
- 2 pairs Light to Mid weight Ski sock**
- 2 pairs Liner Socks (optional)**

## Other Items

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- Headlamp:** i.e. Petzl Zipka
- Hydration System:** A good combo here is a 1-liter bottle and a 16 oz thermos.
- Lunch food:** Bring a variety of types of food and aim for 1,000-1,500 calories/day.
- Mountain Dinners and Breakfasts:** You will need 1 less of each meal than the number of days of the trip. i.e. for a 4 day trip you need 3 dinners and 3 breakfasts. NMS can provide these for the group for an additional fee.
- Small Folding Knife**
- Cup, Bowl and spoon**
- Sunscreen:** 2 x 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen:** SPF 15 or higher
- Voile type ski strap:** Make sure this is long enough to fit around your fat skis and poles.
- Repair Kit:** Bring a small kit specific to your bindings. If you are on Nordic gear with cable bindings bring an extra cable. We will provide basic repair kits.
- Altimeter Watch or Standard Watch with Alarm**
- Small Camera (Optional):** Rigged on the outside of your pack
- Batteries:** Spare set for headlamp, beacon, camera etc.
- Ear Plugs (optional)**
- Toiletries:** Small tube of toothpaste, toothbrush, TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have large group kit.
- Blister Kit:** This should be very small i.e. Moleskin, duct tape, Compeed pads.
- Lighter**
- 2 Heavy Plastic Garbage Bags**
- iPod or similar (optional)**