

Washington Ski Programs Gear list

The list below reflects all of the items you will need for a day of guided ski touring or for the Intro/Intermediate AT courses. Backcountry skiing is very fun but unfortunately quite gear intensive to start with. Items that are available to rent from NMS are indicated with a (R) on the list below. If you would like to rent gear from NMS please return the rental form that was included in your pre-trip email.

The main item that we do not rent are ski boots. If you would like to rent a pair of skis from NMS please be sure that you have Dynafit Compatible AT boots. We recommend that you buy boots as this allows you to break them into your feet and you can use these boots as you demo different ski setups to see which you prefer.

There are also great shops in the Seattle area and Leavenworth that can rent you most of the gear you need. Please see the bottom of this document for a list of these shops.

Gear for Ski Tours off of Highway 2 and the Icicle, and for Alpine Touring Ski Courses:

Ski Gear

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- Alpine Touring (Randonnée) or Telemark Skis (R):** i.e. La Sportiva Hi5 or GT ski, K2 Wayback 95, or Dynafit Manaslu w/ Dynafit bindings and 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 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)**
 - Ski Poles (R):** i.e. Black Diamond Traverse or Compactor Ski Pole
 - Ski Strap(O):** Optional but nice to have. 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):** 35-40 Liters with the ability to attach skis easily. i.e. Black Diamond Cirque 35. NMS also has the BD Saga 40 JetForce Avalanche Airbag Packs available to rent. Airbag packs are not required but if you are interested in trying one of these packs out for sizing/comfort/packability etc this is an option.

Upper Body Clothing

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- 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 Refugeite 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

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



Head, Hands, and Feet

- Warm Hat:** i.e. Patagonia Lightweight Ski Hat
 - Neck Gaiter or Buff** - NMS logo buffs are available for purchase.
 - Baseball cap**
 - Dark Sun Glasses:** Make sure these have the darkest lense (Category 4) i.e. Julbo Bivouak or Tensing, 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:** Gloves with removable liners are easier to dry. i.e. Black Diamond Guide or Soloist Glove
 - Chemical Hand warmers:** optional but nice for people whose hands get cold easily
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- Light to Mid weight Ski socks**

Other Items

- Headlamp (R):** It is always worth having a lightweight headlamp in your pack. i.e. Petzl Zipka
- Hydration:** A good combo here is a 1-liter bottle and a 16 oz thermos.
- Lunch food:** We usually shoot for about 1,600 calories/day
- Sunscreen:** 1 oz tube with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen:** SPF 15 or higher
- Repair Kit:** Bring a small kit specific to your bindings.
- Batteries:** Always carry a spare set for your beacon (+ headlamp, camera etc)
- Small Camera** (Optional)
- 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.

Gear Shops

Leavenworth

Leavenworth Mountain Sports: Tell them you are taking an NMS avalanche course and receive 10% off of gear purchases. www.leavenworthmntnsports.com or (509) 548-7864

Arlberg Sports Haus (Leavenworth): A great local resource for tech compatible rental AT boots. <http://www.arlbergsports.com/pages/leavenworth> or (509) 548-5615

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 or (206) 545-8810

Feathered Friends: Also a great source for all of your gear needs. Feathered Friends does not rent touring gear. www.featheredfriends.com or (206) 292-2210

