

Snow Touring: *snowshoe, x- country (Nordic) ski, alpine ski, snowboard and snow camp* Gear Checklist

Clothing

Outerwear

- waterproof/breathable jacket
- waterproof/breathable pants or bibs (non-skid)
- insulated parka
- fleece jacket or wool sweater
- waterproof gaiters (knee high)
- synthetic hiking pants
- fleece pants

Base Layer

- expedition-weight long john bottoms
- expedition-weight long john top
- midweight long john top
- midweight long john bottoms
- long sleeve T-shirt
- synthetic briefs
- synthetic sports bra

Accessories

- wool or fleece hat
- balaclava, neck gaiter
- midweight wool or fleece gloves
- heavyweight wool or fleece mittens
- synthetic liner gloves
- waterproof overmitts
- bandana (optional)



Snowshoe with buddies at
Maxwell Butte, Santiam Pass, Oregon.

Cotton Clothing such as jeans and sweat-shirts are inappropriate for skiing. Wet cotton loses all of its insulative properties and can result in hypothermia. Wear synthetic, waterproof, windproof outerwear.

When planning what to wear, a practical hint for staying comfortable is the “layering” method. Layering means putting on many different layers of clothing as opposed to one large parka or one thick sweater. Polypropylene fabric is a good choice for your base layer as it is stretchy, non-bulky and keeps you warm and dry in high-energy activities. A sweater of wool or synthetic pile (fleece) makes an ideal middle layer of clothing. Anoraks jackets and shells that are waterproof and breathable work great for outerwear. Gore-Tex, etc. is ideal for ski touring, but expensive. You can still wear wool clothing as wool wicks well, but it is not waterproof. Wool clothing can be found at clothing surplus and second-hand stores at a reasonable cost.

Footwear

- insulated camp booties
- waterproof hiking boots
- yaktrax
- wool or synthetic socks (3)
- liner socks (2)

Gear

Snowshoeing Specific Gear

- backcountry snowshoes
- insulated snowshoe boots or pac boots
- ski poles or trekking poles with wide snow baskets
- multitool for adjusting/repairing bindings
- lightweight shovel
- optional: sled for hauling gear

Ski Touring Specific Gear

- internal frame pack
- snowboard -or-
- touring skis (x-country, telemark, or AT)
- corresponding boots
- bindings with run-away straps
- ski poles
- climbing skins
- silicon spray for poles and skins
- wax kit, extra tips
- lightweight avalanche shovel
- ski repair kit: Duct tape, pole splint, extra screws, epoxy, posi-drive screwdriver
- avalanche transceiver
- avalanche probe
- ski goggles
- glacier glasses
- optional: sled for hauling gear

Snow Camp Gear

- internal or external frame backpack

- convertible or four-season tent and ground cloth
- down sleeping bag (-30° to 0°F)
- bivysack or space blanket
- inflatable sleeping pad -or-
- closed-cell foam sleeping pad
- short insulate pad for sitting
- trekking poles (adjustable length)
- snow saw
- ice axe (also used for self arrest)
- white gas stove and fuel bottles
- lighter and waterproof matches
- cookset w/ heat exchanger
- eating utensils, bowl, and insulated mug
- headlamp w/extra batteries and bulb
- candle lantern, extra candles (helps keep tent cozy!)
- 32 oz. water bottles (2)
- water bottle parkas (2)
- pocket knife or multitool
- compass or GPS (and map)
- sunglasses
- first-aid kit with personal medications
- personal locator beacon (optional)
- chemical heat packs
- stuff sacks
- nylon cord
- assorted zipper-lock bags
- notebook/journal and pen (optional)
- camera, waterproof casing, batteries (optional)
- “wallet” w/ car keys, credit cards, cash
- sunscreen (SPF 30+)
- lip balm (SPF 15+)
- toilet paper and trowel
- personal toiletries
- pee bottle