

Icefall Equipment Check List

All personal gear, must weigh under 35 pounds and fit into 2 small bags. These bags should be 40 liters or less. This means one small bag in addition to your day skiing pack. You can bring in one pair of skis or snowboard, this is not included in the weight. Please no large duffle bags or hard suitcases. Space is limited on the helicopter. Pillows, duvets and bedding will be provided. Do not bring sleeping bags.

Personal:

- Day pack 35
- Synthetic or poly-pro undershirt
- Long under wear
- Medium weight sweater
- Fleece (pile jacket) Jacket
- 3 pair socks
- Core tex jacket/pants or equivalent (waterproof and breathable)
- Balaclava or scarf
- Warm toque
- Light weight toque
- Warm gloves or mitts (spare)
- Light gloves for touring
- Down jacket or vest
- Gaiters (optional if you have built in ones with in your skiing pants)
- Goggles
- Sunglasses – dark UV protection (glacier glasses)
- Sun screen min 30/lip balm
- Sun hat/baseball cap
- Head lamp-spare batteries
- Water bottle (plastic wide mouth)/thermos
- Knife
- Camera and memory stick
- Toilet kit
- Reading book (optional)
- Evening wear
- Indoor shoe
- Towel
- Moleskin & Tape for foot care
- Lunch box/ bag (container)

Touring equipment:

- Skis/snowboard– Rondonee, or downhill tele mark /split boards
- Ski boots that fits – comfortable!
- Poles

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- Avalanche shovel
- Avalanche transceiver – frequency 457 (**new batteries**)
- Probe
- Climbing skins – **good glue**
- Ski Crampons - Spring only (April or May)
- Repair kit – specific to own equipment

Glacier Kit:

- Harness
- 1 triple action Locking carabiner or 1 locking and 1 non locking carabiner