

Ski Expedition Equipment List 2006

TECHNICAL GEAR

- Ski poles. 1 pair. - Provided by organizers
- Skis with bindings and skins. - Provided by organizers
- Boots: Sorel or Baffin boots (or similar). Avoid tight fit with heavy socks.
- Carabiners: 4 regular (not locking).
- Cord: 10 m of 6 mm.
- Harness: Harness should have shoulder and waist units. Possible and preferable to use small backpack with waist strap instead of a harness.

CLOTHING

- Expedition weight underwear: 1 pair
- Light weight underwear: 2 pairs
- Pile jacket & pants: 300 fleece with full side zips.
- Down jacket: Expedition weight with hood. Needs to fit over all insulation layers. Must be windproof.
- Gore-Tex shell top & bottom: Full side zips and bibs recommended.

MITTS & GLOVES

- Pile gloves: 2 pairs, expedition weight.
- Pile Mitts and Gor-Tex or Windblock overmitts: 1 pair.
- Hand warmer: Optional.

SOCKS

- Wool or pile socks: 3 pair heavy weight.
(Recommended rate wool\polyester 60/40%)
- Silk liners: 3 pair lightweight.
- Vapor barrier socks: Optional.

HEADGEAR

- Wool or pile ski hat
- Balaclava: 1 heavy weight, 1 light weight. Heavy weight should fit over light weight.
- Neoprene face mask: Optional
- Glacier glasses: 100% UV & IR, must have side covers.
- Ski goggles: 100% UV & IR.

CAMPING EQUIPMENT

- Sleeping bag: Expedition quality to at least -25C.
- Ridge Rest sleeping pad.
- Therma Rest pad with repair kit.
- Tent booties or GORE-TEX socks: Optional.
- Swiss Army knife
- Eating utensils: Cup: plastic with snap-on lid (retains heat well and is spill resistant). Spoon: Good quality tough plastic.
- Bowl: Deep plastic with 2-3 cup capacity.
- Thermos : 1liter, metal.
- Pee bottle: 1 1litre large mouth.
- Toiletry bag: Include toilet paper, soap, toothbrush, etc.
- Sunscreen: SPF 40, large tube.
- Lipscreen: SPF 40, at least 2 sticks.
- Personal first aid kit: Aspirin, Moleskin, Adhesive tape, Band-Aids.

TRAVELLING

- Large duffel bag: 1 or 2 for transporting gear.
- Compression stuff sacks: Optional
- Travel clothes
- Camera gear: Optional