

2018 SKI GEAR LIST

Ski and Snowboard

Please contact Ice Axe with any questions.

SKIS & BINDINGS

- Alpine Touring skis – approximately 90-105mm under foot is recommended. VOLKL VTA 98 or 108. BD Helio 95.
- Cut to fit skins. A tip/tail attachment is helpful for the cold temperatures. Black Diamond Glidelite Mix STS
- Alpine Touring Bindings (Dynafit compatible, Marker Alpinist 12 or BD Helio 145 touring bindings are most popular)
- Ski poles – adjustable length (optional). BD Razor Carbon ski Pole
- Alpine Touring Boot (Personal Preference) Dalbello Lupo Factory, Technica Zerom G Tour Pro, Scarpa Maestrale RS

or...

- Telemark Skis – approximately 90-105mm under foot is recommended.
- Cut to fit skins. A tip/tail attachment is helpful for the cold temperatures.
- Telemark Binding (a free-pivot binding such as the Voile Switchback is preferable)
- Ski poles – adjustable length (optional).

or...

- Splitboard
- Ski brakes or leashes recommended for glacier travel.
- Hard shell boots are preferred for use with boot crampons or hiking on firm snow.
- Ski poles – adjustable length (optional).
- Climbing skins (snowshoes and/or booting is discouraged for long tours).

Releasable bindings may increase your chances of surviving an avalanche. If you choose to use non-releasable telemark or snowboard bindings, you must accept the additional risk.

SKI MOUNTAINEERING GEAR

- Boot crampons – 10-point light alloy available from CAMP XLC 390 Auto, Petzl Lynx are recommended.
- Ski crampons - must fit width of ski/board.
- Ice axe – 45-50cm, light alloy shaft and steel pick are recommended. CAMP, Black Diamond Raven Ultra, Petzl or similar.
- Ice axe tip and spike protector (important for Zodiac loading).
- Ski pack – 25 to 35 liter with a strap system to carry skis (airbag packs are optional).
- Light Ski Mountaineering harness such as BD Couloir, BD Alpine Bod, CAMP Coral or similar.
- 1 screw-gate locking carabiners BD Gridlock Magnetron Carabiner, Petzl William recommended
- 3 standard (non-locking) carabiners. BD Hotwire

- Sling or webbing 24 inches

AVALANCHE SAFETY GEAR

- Transceiver – 457kHz with fresh batteries, plus spare set. Mammut Pulse
- Probe BD Quickdraw Carbon Probe 240
- Shovel BD Deploy

CLOTHING

Next to skin layers:

- Short sleeve T-shirt – light merino wool or capilene (3x)
- Long sleeve light merino wool or capilene zip t-neck (2x)
- Merino wool or capilene briefs (3-4x)
- Merino wool or capilene light long johns
- Ski socks – wool/nylon blend or similar (3-4x)

Outer layers:

- Soft-shell jacket (lightly insulated) or fleece pullover or full zip
- Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric) Mountain Hardwear, Patagonia, Mammut or similar
- Puffy jacket (Nylon with synthetic insulation)
- Light outer shell (waterproof/breathable jacket and pants)
- Wool or fleece hat
- Fleece neck gaiter or Buff for storm conditions
- Sun hat – with visor
- Gloves – medium weight, warm ski gloves and/or light gloves for spring conditions (several pair – it will be wet on the Zodiac trips).
- Bandana or Buff

This is a recommended optimum layering system. Certain items may be substituted but a combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

MISCELLANEOUS

- 1 or 2 one-liter water bottles. Wide-mouth style recommended.
- 2-18” (50cm) ski strap capable of holding skis and poles together.
- Sunglasses
- Goggles with light & dark lenses
- Sunscreen – 50+ SPF (small amount in squeeze bottle)
- Lip balm – 30 SPF or greater
- UGG Boots, Crocs, or other comfortable shoes for aboard ship
- Heavier insulated jacket for aboard ship and zodiac cruising

GENERAL TRAVEL GEAR

- Soft travel bag (no hard suitcases)
- Digital camera, memory cards, charger and cables.
- Personal medical kit to include personal medication, band-aids, throat lozenges, lip salves, sea-sickness tablets, etc. Please don't forget any regular medication you may need (e.g. Asthma, bring your inhaler, even if you do not always need it).
- Swimsuit and towel for Polar Plunge and Hot tub onboard.

- Personal toiletries
- Comfortable clothing for travel and time on the boat

OPTIONAL

- Ski helmet– CAMP & Dynafit make a combination ski and climbing rated helmet.
- Small stainless steel thermos for hot drinks.
- Small stuff sack or Tupperware box to hold lunch.
- BD Wippet Pole
- MSR Snow Picket 1m with webbing