



# 4-Day Ski/Splitboard Mountaineering Course

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice.

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## Glacier gear:

- Ski Mountaineering Harness with belay loop.
- (3) pear shaped locking carabiners, screw gate
- (4) D-shaped non-locking carabiners
- 120cm nylon or dyneema sewn sling.
- 240cm 6mm cord
- (2) 60cm 5 or 6mm prusiks cords, (60cm loop tied with ~5.5' of cord).
- Ice Axe (50-55cm recommended).
- Ski Crampons
- Boot Crampons

## Ski gear:

- Alpine Touring (AT) skis, Splitboard, Telemark-skis.
- Climbing Skins.
- Adjustable Ski Poles, required for all backcountry tours.
- Ski Strap, rubberized strap for strapping skis together for transport on pack or in the car with skins on.

## Safety gear:

- Avalanche (3 antenna) Transceiver.
- Probe. Collapsible probe made of aluminum or carbon fiber.
- Shovel. Aluminum shovel.
- Ski Helmet, for descents (be sure you can fit in, or carry securely on backpack).
- Spare door and ignition key, for groups carpooling.

## Footwear:

- Ski Boots, Snowboard Boots or Tele Boots. Make sure cuff of pants fits over boots.
- Trail shoe, trail runner or similar for the hike in on dry ground.
- (2) Wool or synthetic socks.
- Liner sock. This is a personal preference, not required.

## Clothing (all to be wool or synthetic):

- Base Layer, long underwear, top and bottoms.
- Mid Layer Top (with hood is nice). Mid weight layer
- Softshell Pants and (wind resistant, breathable)
- Softshell Jacket (wind resistant, breathable)
- Hardshell Pants with full side zip (waterproof).
- Hardshell Jacket with hood. (waterproof).
- Large Insulated "puffy" Jacket w/ hood. Down or Synthetic. Make sure it fits over all other layers combined.

Headwear:

- Synthetic or wool hat, (beanie) must fit under helmet.
- (2) Buff or neck gaiter. This second as face covering.
- Ball Cap or Visor, sun protection on the approach.
- Glacier glasses, sunglasses with wrap around and dark lens'.
- Goggles. Lens' do not have to be as dark as glacier glasses.

Handwear:

- Liner glove
- Softshell glove, water and wind resistant.
- Waterproof (heavy) glove or mitt.
- Three pairs of gloves/mitt combo total.

Camp and Other gear:

- 4-Season tent.
  - ~75L Expedition backpack.
  - Trash compactor bags. This is for gear dry storage.
  - (2) 1L Nalgene water bottles. Collapsible bottles like HydraPak are acceptable.
  - Sleeping Bag, rated to 0\* F .
  - Sleeping pads. Inflatable and Closed Cell Foam pad
  - Mug/bowl and spoon for hot drinks and meals.
  - MSR Stove and two small cans fuel. This can be group gear.
  - Toiletries, toothbrush/toothpaste, hand wipes, etc.
  - Headlamp, batteries.
  - Hand Sanitizer
  - Sunscreen and Lipscreen, 30SPF minimum.
  - Camera.
  - First Aid Kit, Small personal kit. Blister gear, tape and basic medications. These can be shared.
  - Earplugs.
  - Snacks, about 1500 calories for the day. Sandwich, candy bars, and trailmix work well, bring what tastes good to you.
  - Dinners and Breakfasts (1) for number of nights out. Freeze dried meals are simple but make sure they fit your dietary needs.
  - WagBag for human waste disposal, (1) for each night out.
  - Pee Bottle. 1.5L collapsible Nalgene work best (optional but nice to have).
  - Spare door and ignition key, for groups carpooling.
- Travel clothing. We'll wear these to the trailhead and nice to change into after the trip.