



Independent Mountain Guides

backcountry equipment checklist

Equipment Check list

- skis, boots and poles
- and or snow board, snowshoes and poles.
- skins
- shovel
- avalanche transceiver
- avalanche probe
- snow safety beacon
- personal first aid kit/repair kit
- water bottle/flask >2 litres
- headlamp/batteries/spare bulb
- suncream and lipsalve
- mug, plate fork knife and spoon
- camera/film
- sunglasses and ski goggles
- washing gear
- notebook/pencil
- sleeping bag / thermarest / bivvy bag
- ipod / book
- pack > 60 litres

Clothing Check list

- three pairs of socks
- one pair of polypro longjohns
- ski pants or snowboard pants or fleece pants
- weather proof overtrousers
- polypro singlet with longsleeves and or roll top
- very warm fleece jacket
- lightweight down jacket
- weatherproof parka
- warm wool or fleece hat
- ball cap and anti sun scarf
- hut booties optional
- one pair of polypro gloves,
- one pair of ski/snowboard gloves,
- one spare pair of warm gloves

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