WHITECAP ALPINE

407-19th Avenue East, Vancouver, BC Canada V5V 1J6
Toll free: 1.888.863.9757 Fax: 778.329.1475

EQUIPMENT CHECK LIST

SKI GEAR

- ☐ Ski boots (well-fitting, ski-touring boots recommended)
- ☐ Skis or splitboard snowboard
- ☐ Ski poles (adjustable type recommended)
- ☐ Adhesive climbing skins (Fitted to width and length of your skis/board)
- ☐ Ski/day backpack capacity: 30-40 litre (2000-2400 cubic Inches)
- ☐ Avalanche probe
- ☐ Snow Shovel
- ☐ Avalanche Transceiver (457 KHz single frequency)
- ☐ Spare transceiver batteries (purchase new ones & check for correct size)
- ☐ Ski goggles
- ☐ Glacier glasses/sunglasses
- ☐ Insulated water bottle (Camelback or other hydration system)
- ☐ Small thermos (optional)

SKI CLOTHING

- ☐ All-weather ski pants (Schoeller type fabric)
- ☐ Long underwear, shirt and bottoms (poly-pro/wool blends)
- ☐ Fleece tops and bottoms (wind-stopper)
- ☐ Warm socks (3 Pair)
- ☐ Ski gloves / Mitts/waterproof Outers (2 pair)
- ☐ Gore-tex outer jacket /parka (with hood)
- ☐ Gore-tex over pants
- ☐ Down/Synthetic jacket (warm, 'puffy' type jacket)
- ☐ Neck gaiter/tube
- ☐ Toque (ski hat)
- ☐ Sun hat (baseball cap or sombrero) & bandana

LODGE CLOTHING

- ☐ Lightweight casual pants (denim jeans/chinos)
- ☐ T-shirt
- ☐ Socks & underwear (spares and extras)
- ☐ Sweater or lightweight fleece shirt
- ☐ Light runners or sandals
- ☐ Towel
- ☐ Personal toiletries

MY PERSONAL LIST

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OTHER IMPORTANT STUFF

- ☐ Personal first-Aid & blister Kit (second skin, compeed, athletic tape, personal medications, Ibuprofen, etc...)
- ☐ Earplugs
- ☐ Sun block (high SPF rated or zinc-type ointment)
- ☐ Camera & film (spare camera batteries and/or charger for digital cameras)
- ☐ Repairs & spares kit (for own model of A/T, telemark, or snowboard binding systems)
- ☐ Personal liquor supply (beer in cans/wine in boxes; preferably)
- ☐ Headlamp or flashlight
- ☐ Reading materials, notebook, pencil, map of Area
- ☐ Sleeping bag