

Gear List for Introduction to Back Country Ski Touring and Avalanche Awareness at Remarkables Ice and Mixed Festival

Please email Erik Bradshaw: erik@exobindings.com if you are unsure of any of the gear please ask questions before you arrive. Either email Erik or post a question on our Facebook page.

Most of this equipment can be rented or borrowed if you do not own it yourself. This is not meant to be a comprehensive list but covers the **mandatory** items Erik wishes you to bring in order to have an enjoyable day's climbing.

Ice Tools

One 50 - 70 cm axe any style, light weight alpine ones will be the easiest to carry on your pack

Crampons

These don't have to be technical waterfall ice climbing crampons. But they do have to fit your boots. Erik does not expect you to have to use these but, they will be handy for demonstration purposes and some terrain you enter might require them.

Boots

Ski touring boots

Down jacket and other cloths suggestions (use common sense when choosing your clothing for the day)

Roomy enough to put on over your other clothing. It is also recommended that you have something to wear under your down jacket. While topless skiing is possible you might not enjoy the frost bitten nipples. A thermal top or two plus a fleece top should do the trick. A rain jacket could also be useful. For the legs thermal long johns and some form of fleece or rain / wind proof pants.

Gloves

Suitable for both skiing down hill and approach walks / standing around during demonstrations etc.

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Gear list Continued

Helmet with a warm hat that will fit underneath.

Sunglasses/goggles & sunblock

Avalanche transceiver and shovel.

Avalanche Probe

A thermos flask with something warm and **fortifying** in it to share with your instructor.
Snack food and lunch. At least one litre of water or other suitable drink for a day out on a mountain.

Personal first aid kit.

Skins

Skis with touring bindings

Ski Poles

Ski Crampons for walking up icy slopes with your skis on (optional)

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