

# **BACKCOUNTRY SKILLS COURSE**

## **EQUIPMENT LIST**

### **Touring Gear**

- AT, Telemark or splitboard
- Skins
- Ski Poles (best if collapsible)
- Beacon/Shovel/Probe \*
- Day Pack or plan to use compressible Overnight pack
- Goggles or Sunglasses
- 1-2 Liters water bottle
- Personal First Aid
- Personal Repair

### **Layering**

- Ski Hat
- 2 pr. gloves or mittens (1 light weight pair for snow-pits is useful)
- Shell jacket (Hard or soft)
- Ski pants (Hard or soft shell)
- Insulated jacket (down, prima-loft, fleece etc)
- 1 pair long underwear (non-cotton)
- Upper body base layers
- 2 pr. warm socks and liner socks (no cotton)

### **Hut Lounging**

- Extra t-shirt
- Sleeping Bag
- Down or Synthetic booties
- Headlamp
- Toiletries

### **Misc**

- Sunscreen
- Optional
  - Small Notebook
  - Bandanna
  - Pocket Knife
  - Camera
  - Personal Meds.
  - Brimmed hat or visor

\*(Available from SMG as part of course package)

### **Recommended reading and reference (although not required):**

Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering by Martin Volken, Scott Schell and Margaret Wheeler  
Snowsense by Jill Fredston & Doug Fesler

***Your equipment must be in good condition. Sawtooth Mountain Guides has some equipment available to rent, which should be reserved prior to course departure.***

