

SUN VALLEY TREKKING

DAY SKI CHECKLIST

Ski Equipment:

- _____ Metal-edged telemark or alpine touring skis
- _____ Ski Boots (Alpine tour or Telemark)
- _____ Adjustable ski poles
- _____ Climbing skins (adjusted to length and full ski width)
- _____ Avalanche Transceiver
- _____ Avalanche Shovel
- _____ Avalanche Probe

Clothing:

- _____ Long underwear tops and bottoms (a polypropylene/wool or similar blend recommended)
- _____ Loose fitting shell pants or wind pants (water-resistant)
- _____ Long sleeved fleece/poly shirt.
- _____ Wool/fleece sweater or down vest.
- _____ A shell parka that has a draw tight hood, is wind and water resistant (Gore-Tex type fabric), and beneath which three layers may be worn.
- _____ Down parka for stops on the trail
- _____ Ski hat
- _____ Neck gaiter or facemask.
- _____ Sun visor or ball cap (important for trips after mid-February).
- _____ Light weight gloves
- _____ Warm Gloves or Mittens (if prone to cold fingers)

Personals:

- _____ Sun/wind protection, lotion for lips/face/hands (spf 15 min)
- _____ Sunglasses
- _____ Ski goggles
- _____ Camera and film
- _____ 2 One quart water bottles
- _____ Day Pack (big enough to hold extra clothes, avalanche shovel, water and snacks)

Optional:

- _____ Map (guides will carry maps)
- _____ Wax (guides will carry wax)
- _____ Favorite Snack food or lunch
- _____ Blister kit if you are prone to blisters (guides carry a medical kit)
- _____ Hand Warmers if you are prone to cold hands

Sun Valley Trekking

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