

## SUN VALLEY TREKKING \* DAY SKI-TOUR CHECKLIST

### **Ski Equipment:**

- Wax-less tour skis (for backcountry tours)
- OR
- Track Skis (for track tours and lessons)
- OR
- Snowshoes (for snowshoe tours)
- Ski Boots - firm leather or plastic (for backcountry tours)
- OR
- Track Ski Boots (for track tours and lessons)
- OR
- Warm Water Proof Boots for Snowshoeing (Snowboard/Sorel-Type boots are best)
- Adjustable ski poles (for all tours)

### **Clothing:**

- Long underwear tops and bottoms (a polypropylene/wool or similar blend recommended)
- Loose fitting shell pants or wind pants (water-proof)
- Long sleeved fleece/poly shirt
- Wool sweater, fleece or down vest
- A water resistant shell parka with a hood, beneath which three layers may be worn.
- Down parka for stops on the trail (not necessary for trips after mid-Feb)
- Ski hat
- Neck gaiter or facemask
- Sun visor or ball cap (important for trips after mid-February)
- Warm Gloves (an additional light pair for trips after mid-February)
- OR
- Warm Mittens (not necessary after mid-Feb unless cold blooded)

### **Personals:**

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

### **Optional:**

- Map (guides will carry maps)
- Wax (guides will carry wax)
- Favorite Snack food (guides will carry lunch and/or snacks)
- Blister kit if you are prone to blisters (guides carry a medical kit)

## Sun Valley Trekking

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