

# SUN VALLEY TREKKING

## Avalanche Course Equipment Checklist

Below is a list of the equipment necessary to safely and efficiently enjoy a day of backcountry education and powder skiing. If you are in need of any of the equipment below, we recommend contacting our colleagues/outfitters at the **Elephants Perch** (208)726-3497 or **Backwoods Mountain Sports** (208)726-8818, both located in Ketchum, ID. Let them know you are ski touring with Sun Valley Trekking and they will outfit you with the necessary equipment at a discounted rate. If you have any questions, please don't hesitate to call or e-mail us.

### Ski Equipment (if on skis):

- \_\_\_\_\_ Metal-edged telemark or alpine touring skis (powder models preferred)
- \_\_\_\_\_ Ski Boots (Alpine touring or Telemark with walk mode)
- \_\_\_\_\_ Adjustable ski poles
- \_\_\_\_\_ Climbing skins (adjusted to length and full ski width)

### Snowboard Equipment (if on a board):

- \_\_\_\_\_ Snowboard (split models)
- \_\_\_\_\_ Snowboard Boots compatible with bindings
- \_\_\_\_\_ Skins (if using split board)
- \_\_\_\_\_ Snowshoes (if not using a split board)
- \_\_\_\_\_ Adjustable ski poles (3 section poles preferred)

### Avalanche Rescue Equipment:

- \_\_\_\_\_ Avalanche Transceiver
- \_\_\_\_\_ Avalanche Shovel
- \_\_\_\_\_ Avalanche Probe

### Clothing:

- \_\_\_\_\_ Long underwear tops and bottoms (a polypropylene/wool or similar blend recommended)
- \_\_\_\_\_ Shell pants (Hard or Soft Shell)
- \_\_\_\_\_ Long sleeved fleece/poly shirt.
- \_\_\_\_\_ Wool/fleece sweater or down vest.
- \_\_\_\_\_ Shell Jacket, wind and water resistant (Hard or Soft Shell), and beneath which three layers may be worn.

- \_\_\_\_\_ Down/Puffy parka for stops on the trail
- \_\_\_\_\_ Ski hat
- \_\_\_\_\_ Neck gaiter or facemask.
- \_\_\_\_\_ Sun visor or ball cap
- \_\_\_\_\_ Light weight gloves
- \_\_\_\_\_ Warm Gloves or Mittens

### Personals:

- \_\_\_\_\_ Pencil and Notebook (H2O proof preferred)
- \_\_\_\_\_ Sun Screen for lips/face/hands (spf 15 min)
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Ski goggles
- \_\_\_\_\_ Camera
- \_\_\_\_\_ One quart water bottle (filled)
- \_\_\_\_\_ Day Pack: big enough to hold extra clothes, avalanche shovel, probe, skins, water and snacks. (Ski models preferred)
- \_\_\_\_\_ Favorite high-energy snack food and lunch

### Optional:

- \_\_\_\_\_ Map (guides will carry maps)
- \_\_\_\_\_ Wax (guides will carry wax)
- \_\_\_\_\_ Blister kit if you are prone to blisters (guides carry a medical kit)
- \_\_\_\_\_ Hand Warmers if you are prone to cold hands
- \_\_\_\_\_ Snow crystal card and magnifying glass
- \_\_\_\_\_ Snow Thermometer
- \_\_\_\_\_ Folding Ruler
- \_\_\_\_\_ Snow Saw
- \_\_\_\_\_ Inclinator (recommended)
- \_\_\_\_\_ Altimeter

Guides will carry a Snow Study Kit, Medical Kit, a Repair Kit, Rescue Equipment and Communication Device.

## Sun Valley Trekking

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