

## Island Lake Ski Touring Equipment List

The equipment and clothing that you bring will have a big impact on the quality of your trip. Ensure that you bring all items listed except for items that are listed as optional.

### Technical Equipment:

- Alpine / Telemark touring skis OR split board for snowboarding
- Alpine / Telemark touring boots (with Vibram sole)
- Ski poles (with regular powder baskets)
- Climbing skins (at least as wide as the waist of your ski)
- Avalanche transceiver (modern, 475 megahertz)
- Lightweight snow shovel
- Avalanche probe
- Day touring backpack, medium sized (approximately 40 liters)
- Repair kit / spare parts for your bindings (optional)

### Clothing:

Temperatures can vary widely, so best to be prepared for everything. We recommend light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Layers that can be put on and taken off fast if weather conditions change throughout the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants (Gore Tex or similar with integrated gaiters)
- Fleece pullover or jacket
- Down or fleece vest
- Warm pants (thin: insulated or fleece) and warm shirt (not cotton)
- Capilene, fleece or wool underwear, top and bottoms
- Warm gloves or mitts and a lighter pair for climbing up
- Scarf or neck gaiter
- Wool or fleece hat
- Sun hat

### Other items:

- Sun Glasses
- Sun screen and lip protection
- Goggles
- Water bottle or thermos (1 Litre), (Camel backs not recommended)
- Personal items (medication, blister kit)
- Camera (optional)
- Lunch and snacks