

Backcountry Touring Focus Tours Suggested Packing List

SKIERS:

- *Alpine Touring or Randonee Ski set up (We suggest an “all mountain” type ski with a waist between 80-95mm)*
- *Alpine Touring binding (Fritschi Freeride, Silvretta Pure, Naxo, etc)*
- *Climbing skins (Stick-on type)*
- *Ski Crampons*
- *Ski Poles*

SNOWBOARDERS:

- *Splitboard with climbing skins and crampon*
- *extra binding screws are a good idea*
- *Collapsible trekking poles*

EVERYONE:

- *Boots (good idea to carry on plane if you can. Renting boots is not fun!)*
- *35 Liter backpack minimum with suitable external harness straps for carrying your skis or snowboard*
- *Hydration system or water bottle to fit in your backpack (we prefer water bottles)*
- *Avalanche Transceiver (Rentals available)*
- *Avalanche Shovel (Rentals available)*
- *Avalanche Probe (Rentals available)*
- *Portable tool kit for loose binding parts*
- *Headlamp (extra batteries)*
- *Padded ski or board bag. Yes, padded!!(Da Kine makes one called the High Roller and World Cup. For skis, check out the Concourse by Da Kine. Both leave enough room for the rest of your gear!*

1ST (BASE) LAYER

- *Polypropylene long underwear*
- *Wool blend socks (Thorlos are the best)*

WARM LAYER

- *1 wool blend sweater or fleece jacket or vest*

OUTER LAYER

- *Wool stocking hat (Beanie or Toque)*
- *Neck gaiter/ face mask*
- *Wind/waterproof shell with hood (Gore Tex)*
- *Snow pants*
- *Ski gloves or mitts (Drop/Giordini, Da Kine)*
- *Sunglasses and ski goggles (Smith is our favorite)*
- *Sun block (AT LEAST #30 protection factor) and lip balm. **Dermatone**, www.dermatone.com offers the best protection out there. Skiing is not like a day on the beach! With altitude, the sun is very strong. Please do not underestimate its strength. PowderQuest guides along with numerous expeditions, trust*

Dermatone against sunburn, frostbite, and windburn to any other sun protection out there. For a 25% discount on Dermatone call 1-800-225-7546. Tell them you are a guest of PowderQuest Tours.

CLOTHING

- *Underwear*
- *Socks*
- *Long Pants (2 pairs)*
- *T-Shirts*
- *1 or 2 collared shirts for dinners*
- *light leather or waterproof boots or shoes*
- *Shoes (casual to wear out)*
- *Bathing suit for hot springs, spas and pools.*
- *rain jacket (YOUR SKI JACKET CAN WORK FOR THIS)*
- *Hat*

PERSONAL ITEMS

Personal first aid kit to include at least the following:

- *Aspirin and anti inflammatory*
- *Antacids*
- *Moleskin and band-aids*
- *Imodium*
- *Light weight toilet articles and personal medications*
- *Prescription medicine*
- *Personal items for women*
- *Soap and shampoo(small)Hotels also provide these complementary*
- *Large plastic garbage bag for wet clothes*
- *Ear plugs for lite sleepers*

AND OF COURSE...

- *Camera (extra battery)*
- *Airline tickets*
- *Passport/visa (w/photo copy carried separately. Also leave a copy with someone at home)*
- ***RUBBER BAND TO KEEP INFO TOGETHER***
- *Credit card. BANK automatic cash machines work the best*
- *Credit card cancellation phone number*
- *Starting cash in U.S. dollars*
- *Small travel clock alarm for those early powder days!*

GOOD IDEAS

- *Helmet*
- *Rub on Ski Wax and P-Tex*
- *Pocket Knife (Be sure to pack this in your checked baggage)*
- *SMALL ADDRESS BOOK with e-mails and phone numbers*
- *A good paperback book*
- *Journal or diary*

- *Pen*
- *MP3 or portable CD player, good tunes*
- *Converter and plug adapters*
- *Small lock for your bag*
- *Plastic zip ties*
- *Luggage id tags*
- *Energy snacks*