Private Ski Guiding & Instruction

Gear & Clothing Lists

Backcountry Skiing Ski Mountaineering Snow Boarding Avalanche Awareness

Day Tours

You need to bring:

Gear

- **Skis** If skis, either 'Alpine Touring' or Telemark. We recommend a short (160 - 185cm) wide (fat) ski designed for powder
- Or, **Snowboard** (split board best)
- **Ski/board boots**
- **Ski poles**
- **Climbing skins**
- **Avalanche beacon** (rentals available)
- Collapsible **avalanche probe**.
- **Daypack** (large enough for spare clothes, lunch & equipment).
- **Shovel** (lightweight snow shovel).
- **Sunglasses and ski goggles**
- **Thermos flask and/or water bottle** (full!)
- **Sun cream**
- **Pocket knife**
- **Harness** (ski mountaineering only)

Clothing

We suggest layers of light, easily carried clothing that allow for fast and easy adjustment to best suit fast changing temperature conditions. We discourage cotton clothing as it causes rapid heat loss when wet. Feel free to call us if you have any questions about what to bring.

- **Polypro underwear** (top & bottom)
- **Warm pants** (pref. insulated or fleece)
- **Warm shirt** (not cotton)
- Medium weight fleece **sweater**
- **Fleece Jacket**
- **Light insulated jacket** or vest
- **Waterproof jacket** with hood (Gore-Tex or nylon)
- **Waterproof pants** (Gore-Tex or nylon, with side zippers)
- **Socks** (wool outer & polypro liner)
- **Wool or fleece hat** that covers your ears.
- Waterproof **ski mountaineering gloves** or wool mitts with waterproof overmitts.
- **Gaiters**, only needed if your ski pants are not elasticized at the ankle.
- **Neck tube**
- **Sunhat**

Yamnuska Mountain Adventures
200, 50 Lincoln Park, Canmore, Alberta, T1W 3E9, CANADA
1 866 678 4164 / 1 403 678 4164 info@yamnuska.com www.yamnuska.com

Hut Trips

You need to bring:

Gear

- **Skis**... we recommend a short (160 - 185cm) wide (fat) ski designed for powder
- Or, **Snowboard** (Split board)
- **Climbing skins**
- **Ski Poles**
- **Ski/boarding boots**
- **Avalanche beacon**
- **Collapsible Avalanche Probe**
- **Shovel** (lightweight snow shovel)
- **Ski crampons** (optional, if required)
- **Daypack** (large enough for spare clothes, lunch & equipment)
- **Sunglasses and ski goggles**
- **Thermos flask and/or water bottle** (full!)
- **Sun block & Lip Cream**
- **Pocket knife**
- **Large backpack** (or duffel if flying to hut)
- **Sleeping Bag**, 3-season for Alpine Club Huts, 2-season for others (bedding may also be supplied)
- Small **Flashlight or Headlamp** with fresh batteries
- Small **Blister & 1ST-Aid Kit** (ónoleskinô, plasters & Tylenol is enough)
- **Camera** & spare film
- **Personal Toilet Items** (keep to a bare minimum)
- **Ear Plugs** for dorm sleeping (optional)
- **Insulated Booties or Hut Slippers**
- **Harness** (ski mountaineering only)

Clothing

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- **Polypro underwear** (top & bottom)
- **Warm pants** (pref. insulated or fleece)
- **Warm shirt** (not cotton)
- Medium weight fleece **sweater.**
- **Fleece Jacket**
- Light **insulated jacket or vest**
- **Waterproof jacket** with hood (Gore-Tex or nylon)
- **Waterproof pants** (Gore-Tex or nylon, with side zippers)
- **Socks** (wool outer & polypro liner), several sets.
- **Wool or fleece hat**
- Waterproof **ski mountaineering gloves** or wool mitts with waterproof overmitts.
- **Gaiters**, only needed if your ski pants are not elasticized at the ankle.
- **Neck tube**
- **Sunhat**

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Camping Trips

You need to bring:

Gear

- **Skis**.. we recommend a short (160 - 185cm) wide (fat) ski designed for powder
- Or, **Snowboard** (Split board)
- **Climbing skins**
- **Ski Poles**
- **Ski/boarding boots**
- **Avalanche beacon**
- **Collapsible Avalanche Probe**
- **Shovel** (lightweight snow shovel)
- **Ski Crampons** (optional, if required)
- **Daypack** (large enough for spare clothes, lunch & equipment)
- **Sunglasses and ski goggles**
- **Thermos flask and/or water bottle** (full!)
- **Sun block & Lip Cream**
- **Pocket knife**
- **Large backpack** (expedition size).
- **Sleeping Bag**, 4-season winter bag.
- **Sleeping Mat**, "Thermarest" plus ensolite pad is best.
- Small **Flashlight or Headlamp** with fresh batteries.
- Small **Blister & 1ST-Aid Kit** (ómoleskinô plasters & Tylenol is enough).
- **Camera** & spare film
- **Personal Toilet Items** (keep to a bare minimum).
- **Ear plugs** (optional).
- **Insulated Booties.**
- **Bowl, mug, knife, fork & spoon.**
- **'Pee bottle'** saves nocturnal hikes in the snow.
- Extra **stuff sacs** to store clothing & gear in tent.
- **Harness** (ski mountaineering only).

Clothing

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- **Warm pants** (pref. insulated or fleece)
- **Warm shirt** (not cotton)
- Medium weight fleece **sweater.**
- **Fleece Jacket**
- Light **insulated jacket or vest**
- **Waterproof jacket** with hood (Gore-Tex or nylon)
- **Waterproof pants** (Gore-Tex or nylon, with side zippers)
- **Socks** (wool outer & polypro liner), several sets.
- **Wool or fleece hat**
- Waterproof **ski mountaineering gloves** or wool mitts with waterproof overmitts.
- **Gaiters**, only needed if your ski pants are not elasticized at the ankle.
- **Neck tube**
- **Sunhat**

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Rental Information

Yamnuska rents the following:

- Avalanche beacons
- Avalanche probes
- Snow shovel
- Backpack
- Daypack
- Sleeping bag (3-season)
- Sleeping Mat ('Thermarest')
- Sleeping Mat ('closed cell foam)
- Mountaineering Harness
- Tents (4-season)

Skis, boots, skins & poles can be rented from:

- Canmore: Gear Up - (403 678-1636)
- Banff: Mountain Magic - 224 Bear St. (Tel: 403 762-2591)
- Calgary: Campus Recreation, University of Calgary - Phys-Ed Building (Tel: 403 220-5038)
- Calgary: M.E.C. - 830-10 Ave. S.W. Calgary (Tel: 403 363-0122)

Please don't hesitate to contact us if you need any help or advice in getting your gear together.

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