

Whistler Ski Guides
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(A division of Canada West Mountain School, Inc.)

WINTER DAY TRIP EQUIPMENT LIST

Basic equipment for all winter day trips

- * Skis, boots and climbing skins for backcountry *touring* - Alpine Touring or Tele, preferably mid-fat or wider skis
For snowboarders - split board and skins; or, snowshoes with pack capable of holding board and shoes
For snowshoers - snowshoes and appropriate winter boots are required
- Ski poles suitable for touring. Snowboarders should have 3-stage telescoping poles to stow in pack on descents
- Ski Crampons - these may be required, depending on current conditions. Please discuss with our office in advance
- * Daypack - large enough to hold all equipment plus some extra (approx. 25-40 litres for day trips)
- Outerwear jacket - waterproof/breathable type mountain shell w/hood (Gore-tex, etc.)
- Outerwear pants - same as above (pants with full zips are preferable for venting and ease of on/off)
- Personal insulating clothing for all weather - layering works best; avoid cotton
- Gloves or mitts - proper ski gloves are best
- Warm jacket or sweater - synthetic or down "puffy" jacket for keeping warm during rest breaks
- Toque/warm hat - wool or fleece
- Hat with sun visor - baseball cap, etc. during spring conditions
- Sunglasses with 100% UV blockage
- Ski goggles
- * Headlamp - small size with fresh batteries
- Compass & map in waterproof bag (optional, for instructional courses)
- Note pad and pencil (optional, for instructional courses)
- Helmet - a helmet is recommended for all ski/boarding activities
- * Lunch - prepare a lunch that is easy to snack on throughout the day
- * Water bottle or Thermos - 1 liter
- * Avalanche Shovel - supplied if needed
- * Digital Avalanche - transceiver supplied if needed
- * Avalanche Probe - supplied if needed

Discuss this list with your guide/instructor or with our office staff *in advance* of your outing to make sure you are prepared for the field session. Remember that this is a list of *minimum* requirements for a comfortable winter day trip.

Notes:

- **Many of the above starred (*) items may be supplied in your package, or we can supply them if needed. Please notify WSG in advance if you require your guide to supply this equipment.**
- **Prepare yourself for a full day of active touring in any and all conditions. Plan on alternating between traveling up with minimal layers of clothing on, and heading down in cooler conditions, so your clothing should be as efficient as possible to modify. "Layering" your clothing works best.**
- **If your itinerary includes travel on Glaciers, you may be asked to carry a harness and a small amount of glacier travel gear.**