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**OnTop Mountaineering Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring in Canada, Europe and Colorado.



340 Canyon Close – Canmore, AB, T1W 1H4 – Canada

**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: BACKCOUNTRY SKI TOURING-LODGE BASED**

### **1. Technical Equipment:**

- Telemark or Alpine Touring skis\*:  
Only bring your telemark skis if you are at least an advanced/intermediate telemark skier with backcountry experience.
- Telemark or alpine touring boots\*
- Collapsible ski poles\*
- Climbing skins (stick-on) that fit your telemark or alpine touring skis\*
- Avalanche transceiver (475 Megahertz)
- Lightweight snow shovel
- Avalanche probe
- Large backpack or duffle bag to pack your stuff for heli-transport
- Day-touring backpack (30 - 45 liters) with rain cover.  
Some have built-in rain covers (eg. Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Climbing harness for glacier travel
- One locking carabiner
- Crevasse rescue equipment, if you are familiar with it.  
(Prusik slings, webbing, pulleys, auto-locking device).  
Your guide will bring a full set.
- Ski crampons (optional, but might make your live much easier in some of the steeper sections in spring)
- Repair kit for your skis (can be shared between 2 people)

**All items marked with '\*' can be rented from a rental shop locally.**

**Harness, carabiner, transceiver, snow-shovel and avalanche probe can be provided by OnTop. Please bring your own equipment if you have it.**

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Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717**

**email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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## **2. Clothing**

Temperatures in the Canadian Rockies vary hugely. Early season (December – February) temps can drop as low as –30C overnight, whereas in spring (mid-March – May) it can warm up to above freezing temps and overnight lows are not usually below –10C. The list is meant as a guide line, but we realize that our guests have their clothing priorities and substituting certain items with other equivalent pieces of clothing might be a valid alternative. If you do so, you should discuss it with your guide in the pre-trip briefing.

- Wind and waterproof (Gore Tex or similar) shell jacket with hood
- Wind and waterproof (Gore Tex or similar) over pants
- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants (Gore Tex or similar)
- Warm pants (insulated / fleece/ polypro)
- Fleece or wool pullover or jacket
- Medium weight fleece shirt
- Capilene, fleece or wool underwear, top and bottoms
- 2 Pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter
- Socks: thick (wool) outer and thinner liners
- Wool or fleece hat, covering the ears
- Gaiters (unless pants lock tightly to your boots or ski pants have integrated gaiters)
- Sun hat, preferably with wide rim
- Bandana (optional)
- Clothing for the hut – keep to a minimum

## **3. Lodge:**

- Sleeping bag (two-season bag usually sufficient)
- Large and small towel for sauna
- Spare underwear, socks
- Toiletries
- Swim trunks (optional) for sauna
- Down vest or light insulated jacket (optional)
- Very light hut slippers / down booties (optional – socks or boot liners work too)
- Ear plugs (optional)
- Games / books etc (optional)

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#### **4. Other items:**

- Sun Glasses (with very good UV protection, extra pair is a good idea)
- Goggles
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or camelbak (if too cold, bladder tube might freeze up!)
- Head lamp with spare battery and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (Prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses etc.)
- Pocket knife or leatherman tool
- Passport
- (Health) insurance documents
- Zip-lock bag for wallet and documents to keep them dry (recommended)
- Camera, spare films, batteries (optional)
- Compass, maps and GPS (optional)
- Ski wax / skin wax (optional)

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