

Backcountry gear checklist

<p><u>Essential items</u></p> <ul style="list-style-type: none"> ● Avalanche Transceiver ● Shovel ● Probe ● Emergency blanket ● Skis with touring bindings ● Poles (collapsible optional) ● Skins ● Map & compass, and GPS ● Water ● Food ● Whistle ● Emergency down jacket ● First Aid ● Sunglasses, sunscreen and lip balm ● Headlamp, and batteries ● Gear repair kit ● Mobile phone and satellite phone ● Matches/lighter ● Backpack ● Note book 	<p><u>Overnight trips</u></p> <ul style="list-style-type: none"> ● Tent ● Sleeping mat ● Sleeping bag ● Stove and fuel ● Cup, bowl, knife, fork, spoon ● Toiletries ● Portable tripod chair <p><u>Additional possible gear</u></p> <ul style="list-style-type: none"> ● Avalung / ABS backpack ● Camera ● Binoculars ● Two-way radios ● Quick dry towel ● Handwarmer packs ● Water bottle ● Crampons / ropes (crevasse rescue gear) ● Poo bag
<p><u>Clothing</u></p> <ul style="list-style-type: none"> ● Wicking/thermal base layers ● Fleece jacket ● Soft wind and waterproof shell ● Down or poly-fill jacket ● Gloves ● Neck warmer ● Helmet ● Beanie ● Cap ● Fleece and waterproof pants ● Socks ● Touring boots (with walk mode) 	<p><u>Food and water</u></p> <p><i>Lunch</i></p> <ul style="list-style-type: none"> ● Wraps, with hummus/dips, peanut butter, cheese, sprouts ● Nuts, chocolate, bananas and dried fruit, biscuits, jerky <p><i>Dinner</i></p> <ul style="list-style-type: none"> ● Pre-made pasta dishes, noodles, soups ● Freeze-dried meals ● Instant mashed potato <p><i>Breakfast</i></p> <ul style="list-style-type: none"> ● Muesli, oatmeal and powdered milk ● Nuts and fruit ● Coffee (and Aeropress)
<p><u>Before you go</u></p> <ul style="list-style-type: none"> ● Check the local avalanche reports and weather ● Advise a friend or family of your intended route and return time ● Check skins and glue ● Record emergency numbers 	