

## **Balu to Bostock Equipment List**

### **Suggested Clothing List**

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller or fleece.)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent, i.e. waterproof/breathable outer shell w/ hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks
  - Tip: add a thin liner sock if you are prone to blisters
- Warm gloves or mitts (2 pairs)
- Waterproof over-gloves or mitts
- Spare gloves or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Warm top and bottom layer for evenings
- Synthetic Hut Booties

### **Personal Equipment**

- Large size backpack (60-70 liters) - for personal gear and shared group equipment and food.
- Sleeping bag (-10°C to -30°C / 14°F to -22°F) depending on your comfort level
- Sleeping pad - suitable to winter camping (regular thickness Thermarest or ultra thin AND thin ensolite)
- Ski goggles
- Sunglasses -close fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - 1 liter, wide mouth, plastic with tight lid and insulated sleeve
- Small personal first aid kit - Band-Aids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and “Camp Suds” (biodegradable soap)
- Headlamp - with spare batteries and bulb
- Toilet paper (a small personal amount for during the day)
- Lighter
- Sandwich box/container for lunch
- Personal mug, plastic & light weight
- Plastic measuring cup, 3 to 4 cup size
- Fork and tablespoon, plastic or Lexan
- Nylon stuff sacks for clothing, food and misc.
- Large plastic bag to line pack

### **Ski Equipment**

- Mountain skis (recommended minimum dimensions at ski tip-waist-tail = 110-75-100 mm or greater) or split board
- Boots; plastic telemark or alpine touring, previously worn and proven comfortable
- Poles, with large powder baskets
- Skins (full width, properly fitted to skis, and well glued)
- Avalanche transceiver (457 kHz) with spare batteries
- Snow shovel
- Avalanche probe
- Skin wax (Glop Stopper) and grip wax (Dry or Blue Extra)
- Repair kit - extra parts and tools that are specific to your gear
- Ski tie strap
- Ski Crampons

### **Optional**

- Journal, pencil
- Camera
- Pocket knife (Swiss Army style)
- Thermos
- Ear plugs
- Small personal amount of liquor / treats, if desired
- Map and Compass/Altimeter/GPS