Woman's Marmot Ski Camp 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 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
- Hut booties

Personal Equipment

- Multi day pack (50-60L)
- Sleeping bag (0° C to -20°C, depending on your comfort level)
- 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 (hydration systems tend to rupture and freeze, so make sure you have a water bottle as well)
- 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

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
- 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

Glacier Gear

- Seat harness
- One length of nylon webbing – 3 meters (10') long, 1" thickness
- One Prusik cord 5 meters (16') long, 7 mm diameter
- One Prusik cord 1.5 meters (5') long, 7 mm diameter
- Two locking carabineers - at least one Münter (pear shape)
- Two identical non-locking carabineers
- Mountaineering ice axe

Optional

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