

**SAWTOOTH MOUNTAIN GUIDES**  
**SKI MOUNTAINEERING EQUIPMENT LIST**

**RECOMMENDED GEAR**

- Sleeping Bag
- Full-size Internal frame pack (load-hauling)
- Metal-edged backcountry skis/snowboard
- Sturdy Telemark/Randonee/Snowboard boots
- Metal ski poles
- \*\*Avalanche beacon
- \*\*Probe/Shovel
- Climbing skins
- Crampons
- Scraper/ ski & skin wax
- \*Ski rope
- \*\*Personal Equipment repair
- \*\*Ice Axe
- \*Ski Crampons
- \*\* Lightwt. alpine harness  
    w/ Carabiners-prussiks
- \*\*Ski /Climbing helmet

**CLOTHES**

- 1 wool or polypro ski hat
- 1 brimmed hat or visor
- 1 bandanna or scarf
- 1 pr. Polypro gloves and/or fingerless gloves
- 1 pr. Warm gloves
- 1 pr. Extra Gloves (snowcamping)
- 2 pr. Lightwt. Wool or Polypro socks (NO COTTON)
- 2 Pr. Thick wool or pile socks
- 1 pr. Down booties with overbooties
- Underwear
- 1 T-shirt
- 1 pr.long underwear ( tops & bottoms, NO COTTON)
- 1 Pr wool or fleece pants
- 1 sweater or fleece sweater/jacket
- Storm proof nylon or Goretex jacket w/hood
- Gore-Tex pants w/gaitors in pants (or separate)
- Down or Equivalent- Stuffable vest or parka

**ADDITIONAL**

Day Touring Pack  
1 qt. Water bottle/ or hydration bladder  
Sunglasses  
Goggles  
Sunscreen & lip salve  
Headlamp w/extra battery

Personal 1<sup>st</sup> Aid  
Pocketknife  
Journal/pencil  
\* Camera  
Lighter/matches  
Toothbrush

\*\*These items are provided by Sawtooth Mountain Guides with advance reservations.

\* These items are optional/ or group items...inquire