



SKYLIGHT MOUNTAIN GUIDES

BACKCOUNTRY SKIING EQUIPMENT LIST

Extensive trails and diverse mountain terrain are what define Adirondack backcountry skiing. We can descend from a summit on a ski trail, ascend a skin track on an open slide, build confidence on a practice slope, and glide across snow-covered lakes and valley trails. The Adirondack region is huge and where we go may depend upon air temperature, snowpack, and the direction from which you are traveling. All these options mean the clothing and equipment you bring makes a difference in your comfort and safety.

- * If you are a beginner backcountry skier then focus upon clothing, helmet/goggles, food and accessories. We will provide skis, boots, poles and a ski pack.
- * For those of you with some of your own ski touring gear, please let us know what you intend to bring. Check off what you have and what you need to borrow (helmet or ski crampons?). Thorough planning helps our day go smoothly and is a sign of a mindful touring partner!
- * We will carry first aid, emergency shelter and communication.
- * Questions, please ask! There is a lot going on and we are here to help plan your awesome day.

Types of Ski Equipment

If you do not have the necessary ski equipment, please make a specific request. *Alpine Touring packages are available free of charge.* Nordic Backcountry packages are available from The Mountaineer and Adirondack Mountain Club-Heart Lake. Splitboard packages are not available currently.

Alpine Touring and Telemark:

- Moderate to heavy skis and touring bindings. (ex. Voile Vector skis)
- Plastic Telemark or AT boots. (ex. Scarpa T2X, Dynafit TLT8)
- Adjustable poles, climbing skins

Nordic Backcountry and XCD:

- Lightweight wax less skis, metal edge, with 3-pin bindings (ex. Madshus Panorama skis)
- Leather or light plastic boots (ex. Scott Excursion or Scarpa T4)
- Adjustable poles

Split Snowboard:

- Split snowboard (ex. Voile Spartan board)
- Snowboard boots
- Adjustable poles, climbing skins

Safety Equipment

Depending upon snow/trail conditions, and our destination, specific safety equipment may be necessary.

Avalanche equipment, ski crampons and climbing helmets are available free of charge.

- Helmet (ski, bike, or climbing)
- Sunglasses and/or goggles for eye protection from sun and tree branches
- Personal care kit: handwarmers, toe warmers, band-aids, lip balm, sunscreen, ibuprofen, tissues
- Avalanche beacon, probe, shovel (terrain specific)
- Ski or Boot Crampons (terrain specific)

Clothing

We recommend skiing in lighter weight, breathable layers (to minimize overheating) and then having to put over everything at rest breaks. Be prepared for extreme conditions.

- Several adjustable layers of synthetic, wool or silk clothing to accommodate temperature extremes when active and resting.
- Insulating jacket with a hood (synthetic or down)
- Synthetic or wool socks that fit your boot size
- Water resistant/breathable jacket with hood
- Water resistant/breathable pants with cuffs that fit over boots
- Warm hat
- Gloves: lightweight and heavyweight (or mittens)

Packs, Food and Accessories

- Mid to large daypack (35L) that has attachment points for skis. Ski-specific packs are ideal because they fit a shovel, probe and helmet. *Ski packs are available free of charge.*
- Headlamp
- Cell phone
- At least 1 liter of water in an insulated bottle
- Easy to eat trail snacks and lunch (sandwich, wrap, hot soup)