

# LA GRAVE OFF-PISTE GEAR LIST

No matter what the conditions are for your trip to La Grave, this gear list will allow us to ski anything and everything we can! The clothing system is similar to most mountain outings in that layering is key. Be sure that your mountain clothing works as a system, and that every item can be worn when the temperatures require. In addition, avoid any cotton items in the mountains, as they are difficult to dry if they get wet.

<b>Ski Gear</b>	
	<b>Skis or Snowboard</b> —For skis, 95-110mm waist is ideal. It is nice if they have a fresh tune!
	<b>Ski or Snowboard Boots</b>
	<b>Ski Poles</b> —Collapsible recommended. Snowboarders—collapsible is required so that you can stash them when not in use.
	<b>Skins</b> —Make sure they are cut to your skis/board before the trip.
	<b>Ski Crampons</b> —While we might not use these, they are essential if conditions require them.
<b>Avalanche Safety Gear</b>	
	<b>Beacon</b> —3 antenna recommended. If your beacon is 10 years or older, we recommend purchasing a new one; technology has improved tremendously.
	<b>Shovel</b> —Metal blade only.
	<b>Probe</b> —240cm minimum length, quick lock only (no screw tops to get probe into “lock” mode).
<b>Technical Gear</b>	
	<b>Harness</b> —Lightweight and low profile. Look for “alpine” or “ski mountaineering” styles. Those designs allow one to take the harness on/off with skis on.
	<b>Glacier Kit</b> —2 locking carabiners. Optional: If you know how to perform crevasse rescue, feel free to bring your rescue kit.
	<b>Boot Crampons</b> —With anti-balling plates.
	<b>Ice Axe</b> —Shorter axes fit better in the pack and save weight. Steel axes are the most commonly used for our trips, check with us first if you would like to use an aluminum one.
	<b>Rappel Device</b> —If you feel comfortable rappelling, feel free to bring your own. Otherwise we will take care of you if you need to be lowered into the powder!
<b>Essentials</b>	
	<b>Backpack</b> —15-35 liter capacity with a good ski carrying system (A-frame or diagonal). Make sure that everything, including shovel and probe, fit INSIDE the pack.
	<b>Headlamp</b>
	<b>Spare Batteries</b>
	<b>Sunscreen and Lip Balm</b> —Both need to be at or above SPF 15. A spare lip balm is recommended.
	<b>Water Bottle</b> —Bladder systems tend to freeze and/or fail, and are therefore not recommended.

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Clothing	
	<b>Synthetic Underwear</b> —Ladies, a synthetic sports bra as well.
	<b>Synthetic Top and Bottom Base Layer</b> —Mid or lightweight.
	<b>Ski Socks</b> —Two pairs; liner socks for those who like them.
	<b>Mid-weight Insulation</b> —Fleece or light puffy jacket.
	<b>Windshirt/Soft Shell</b> —This is often what you will end up wearing for most of the day. A good example is the Ferrosi Jacket by Outdoor Research.
	<b>Soft Shell Pants</b> —Also known as Schoeller, these pants are comfortable, breathable, and an extremely versatile ski touring pant. The cuff should be wide enough for ski boots.
	<b>Hard Shell Jacket and Pants</b> —Waterproof-breathable fabric; lightweight is fine.
	<i>Hard Shell vs Soft Shell: We typically bring both along for a ski trip, and then decide day to day what to wear. Soft shell materials are nice if temperatures are warmer and drier. Hard shell materials are essential if the weather brings moisture, wind, and cold temps. If you only have room for one type, we recommend choosing your hard shell as it is more versatile for off-piste skiing. If you are unsure of your shell layers, contact us and we can help you decide what to bring.</i>
	<b>Gloves</b> —Two pairs, 1 lighter weight (daily work glove or liners), 1 heavier weight (your warm ski glove).
	<b>Puffy Jacket</b> —Down or synthetic, medium weight, hood preferable.
	<b>Buff or Balaclava</b>
	<b>Warm Hat</b> —Should cover your ears.
	<b>Goggles</b> —2 pairs recommended
	<b>Sun Hat</b> —Ball cap or brimmed sun hat.
	<b>Sunglasses</b> —Wrap-around or glacier style with dark lenses.
Optional	
	<b>Small Thermos</b>
	<b>Camera</b> —Recommended!