



Custom adventures worldwide
Aventures sur mesure autour du monde

Guide:

Ken BÉLANGER
info@adventures365.ca
Tel/text: +1.403.678.0338

Ski Gear

- skis or split board, skins, boots, poles
- [3 antennae transceiver](#) with minimum 50% battery power
- aluminum avalanche shovel, minimum 200 cm probe
- minimum 35 litre pack

Clothing

- merino or synthetic long underwear & socks
- midweight layer: fleece, merino or other synthetic
- waterproof jacket and pants
- puffy, warm jacket that fits over all your layers
- 1 light and 1 heavier toque
- 1 light and 1 heavier pair of gloves (waterproof)
- sunglasses, goggles, sunscreen, lip balm, sun hat
- bandana or similar to protect your neck and face
- personal blister kit, medications, tape, toilet paper, lighter, ear plugs
- headlamp with good batteries
- bottles and/or hydration bladder to carry at least 2 litres of water



Climb/glacier

- lightweight (preferably non-padded) harness
- 1 double length (120cm) sewn sling
- 2 locking carabiners (at least one [auto locking](#))
- 2 non-locking carabiners
- 1 x 5 metre 6 mm cordelette
- 1 x 1.5 metre 6mm cordelette
- lightweight ice axe
- ski crampons that fit your bindings and skis
- lightweight boot crampons (aluminum recommended)

Optional

- ice screw
- ski or lightweight climbing helmet
- lightweight wind jacket
- camera
- thermos
- emergency communication device (VHF, Spot, inReach etc)

WAIVER

As required by our insurance company and the Land Managers, you'll need to complete the ACMG waiver witnessed by your guide. You can [review the waiver in advance here](#).