



American
Alpine Institute

The Spirit of Alpinism

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GUIDED SNOWSHOEING

Bellingham, WA

EQUIPMENT CHECKLIST

Conditions in the mountains vary dramatically from season-to-season, and sometimes even throughout the same day. This can make the process of preparing equipment for a winter backcountry trip difficult. On the one hand, a recreationalist wants to be light. But on the other hand, also wants to have everything he or she needs if there is a storm.

This list was designed for the “worst case scenario,” a day out with significant inclement weather. In serious conditions it’s not uncommon for someone to need every piece of clothing and equipment on this list. However, if a program does not encounter significant weather, there may be items here that are not used. Keep in mind that if you run particularly warm or cold it would be a good idea to adjust your layers accordingly. As you prepare for your course, it’s important to plan for the worst and hope for the best.

Please be sure to check the forecast several days prior to your course to ensure that you are properly prepared.

[NOAA Mt. Baker-Snoqualmie National Forest Weekly Forecast](#)

You will be able to obtain rentals on your lunch break during the lecture day or after the lecture. The shop is open until 6pm.

RENTALS: Equipment that is available for rent through the AAI Equipment Shop is designated with a “Rent” check box. These items may be rented on the first morning of your course during your rendezvous. Please call the shop if you have unusual sizing issues (either large or small), as those items are limited.

Call or Email the Equipment Shop for Advice on Gear

Please feel free to contact us to help you get ready for your course. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we’re here to help you prepare.

Call: (360) 671-1570 Email: shop@AlpineInstitute.com

Equipment Shop Website: Shop.AlpineInstitute.com

Clothing	Packing Checklist
<p>Beanie/Toque Wool or synthetic. Must fit under helmet. Easily replaced with hooded layers after early season.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Hat For those blue-bird winter days.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Buff/Neck Gaiter Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Glasses These are mandatory. Standard sunglasses are fine, but make sure they have UVA/UVB protection.</p> <p>★ <i>NOTE: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing. If you only use prescription glasses, we recommend "OTG" (over the glass) or "Frame-over" style sunglasses.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Ski Goggles For use in high winds and heavy snow. These should be lightly tinted but not so dark that they will reduce visibility in low light conditions. They should block 100% of UV light. If you wear prescription glasses, these must fit comfortably over your glasses. Photochromic (variable tint) lenses are highly recommended.</p> <p>★ <i>Julbo brand goggles with the airflow feature are nice to have.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Liner Glove Thin, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. Generally worn alone in temperatures above 25°F(-4°C) when precipitation is not present. UPF rated liner gloves are ideal for sun protection. Bring 1-2 pairs in the event it is extra wet out.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Glove Waterproof and insulated gloves. If the glove lacks insulation then size it to fit a liner glove inside. Mainly worn in wet conditions, cold, or when not mobile.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Undergarments Wool or synthetic.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sports Bra Wool or synthetic, comfortable, active wear.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Socks Wool or synthetic socks that are over the ankle height. Having two pairs on hand for the field days are also recommended in case a pair gets wet.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Gaiters Mid-calf to Knee height. Keeps snow and ice out of your boots and socks from snowshoeing through deep, wet snow. Check the fit of the gaiter to your boot in</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>advance to make sure the coverage is adequate. Can omit if your pants have a built-in gaiter and scuff guard.</p>	
<p>Base Layer Top This will be your base layer and should be midweight synthetic or wool. No cotton. Should be long-sleeved.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. <i>★ Active insulation jacket weight at 40g/m² and heavier Insulation jacket at 60g/m² or 80g/m²</i> <i>★ Example: Patagonia R1, Montbell UL Thermawrap Jacket, or similar.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket A soft shell is a weather resistant, breathable, and stretchy freedom of movement piece. This piece is versatile in the sense of movement. It is often called an “action layer.” It is weather resistant, meaning it can put up with light showers and wind. Also if it gets wet it dries fairly quickly. This enables you to not have to stop and put on another piece when the wind picks up or a light snow shower happens. Because it is water resistant, and not waterproof, it also breathes fairly well. This enables you to move without overheating, so you don’t have to constantly stop to change out layers to regulate body temperature. They are also made of a stretchy material so there are no restrictions to your movement during activity. Put all those together and you have a pretty versatile layer, the Soft Shell. Hood preferred. <i>★ Materials: Exolite, Matrix, Schoeller or similar</i> <i>★ Example: Patagonia Houdini, Arc’teryx Squamish Hoody, Mountain Equipment Squall.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insulation Jacket AKA the “puffy.” Down or Synthetic. This piece is worn in cold conditions or when not moving. Hood preferred. If choosing Down, water-resistant Down treatment is preferred to help prevent matting and loss of insulating ability if the jacket gets wet. <i>★ Weight: 350g-450g ideal weight.</i> <i>★ Example: Arc’teryx Atom LT, Rab Xenon, or similar.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Jacket Non-insulated jacket with a waterproof and breathable membrane. Three layer construction is recommended. It must have a hood, ideally a helmet compatible hood. When sizing make sure it can fit over other layers. <i>★ Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer Pant (aka “Long Johns”) Wool or synthetic.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Pant Thin, weather-resistant, breathable, and stretchy. This layer is helpful if the weather is nice enough and dry enough, where having a more breathable layer than a hard shell might be more comfortable, typically late winter/early spring. <i>★ Materials: Exolite, Matrix, Schoeller</i> <i>★ Example: Mountain Equipment Ibex, Arc’teryx Sigma FL, or Mammut Courmayeur.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Pant Non-insulated, waterproof and breathable membrane. Full side zips are recommended. When sizing make sure it is able to fit over a base layer and soft</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

shell pants. Having a front pocket that is Avalanche Beacon compatible can be helpful.

★ *Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield*

Avalanche Equipment

Packing Checklist

Avalanche Beacon

Your beacon MUST be a modern, 3 antenna, single frequency (457kHz) beacon. If your beacon is older than 5 years, you should consider retiring it or returning it to the manufacturer to have it tested for function and frequency drift. 2 antenna beacons are obsolete.

- Own
- Buy
- Rent

Day Pack/

25L to 35L is an ideal size. Whatever you need to use for a full day out.

- Own
- Buy

Hydration

2 - 3 liters of water capacity minimum. Two or three water bottles, usually one-liter wide mouth Nalgene type, are required. Narrow mouth bottles are not functional and should not be used. Other similar plastic bottles (e.g. Gatorade) can work also. Hydration packs are not recommended, once they freeze they stay frozen for the duration of the course.

- Own
- Buy

Water Bottle Parkas

These are insulating jackets for your water bottles, one for each bottle. Must cover the entire bottle, including the lid.

★ *Examples: 40 Below*

- Own
- Buy

Food

Please arrive with food for the day.

- Own
- Buy

Snowshoeing Equipment

Packing Checklist

Snowshoes

They should be equipped with an integral crampon and/or aggressive traction on the bottom of the snowshoes.

★ *NOTE: Large profile basic models made by Tubbs, Atlas, and Sherpa do not work well and are not recommended. Models by MSR are proven and quite durable.*

- Own
- Buy
- Rent

Snow Shoe Boots

Make sure they are warm, waterproof and comfortable to walk in.

- Own
- Buy

Trekking Poles

Two are helpful if snowshoeing. Even if you don't normally use trekking poles, on this course in particular, they are invaluable in helping with balance in the potentially deep snow when snowshoeing. Adjustable poles preferable.

- Own
- Buy
- Rent

Other Essentials

Packing Checklist

<p>Hand Sanitizer and/or Wet Wipes Used after going to the bathroom and before eating.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Toilet Paper The provided solid waste bags have a small amount of toilet paper with them, but most people do not find this to be adequate. Estimate how much you'll need for a program of this length and place that in a plastic zip lock bag. An extra zip lock bag can be helpful for pack-out of used paper.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sunscreen SPF 30+, zinc based is preferred. Small travel size tubes are recommended so you can put them in a close by pocket for easy access. Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.</p> <p>Some manufacturers make sunblock in the form of a stick for easy application while wearing heavy gloves.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lip Balm Make sure it is SPF rated.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Wristwatch A model with an alarm that will wake you up is preferable. It doesn't need to be anything fancy.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Garbage Bags Bring one large bag to line your backpack and one to pack out garbage. Trash compactor bag, if available, are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Personal First Aid Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Band aids <input type="checkbox"/> Blister treatment <input type="checkbox"/> Prescription drugs <input type="checkbox"/> Ibuprofen etc. <input type="checkbox"/> If you wear contacts make sure and have spares if you can't see without them. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Repair Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra snow baskets for trekking/ski poles <input type="checkbox"/> Gorilla tape (Can be wrapped around trekking poles or water bottle. Gorilla Tape tends to be the best brand for the mountains.) <input type="checkbox"/> Zip ties <input type="checkbox"/> 6-10 ft of 3mm accessory cord 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Multi-tool Any multitool similar to a Leatherman is great. <u>Make sure to bring any specialized tools that might be required to fix bindings or snowshoes in the field.</u></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p style="text-align: center;">Other Optional Items</p> <p><i>The items below are not required, although many are nice "luxury" items that can make your expedition more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.</i></p>	Packing Checklist

<p>Gaia Navigation App Optional Smartphone App.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Map and Compass Map should be of the area you are conducting your field days. Compass must have declination adjustment. ★ <i>NOTE: Green Trails maps work best.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Headlamp Bring extra batteries, or if it has a rechargeable battery, make sure and bring a charger. 200-350 Lumens is an ideal range.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lightweight Balaclava / Buff A balaclava is a warm hat that can be pulled over the head to the shoulders. It completely covers the head except for an opening for the face. It should provide excellent wind protection for the chin, ears and neck. A Buff can substitute for this. ★ <i>Materials: Powerstretch, fleece, polypro, windpro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Women's Specific Items</p> <p>Female Urination Device Pee funnel such as the GoGirl or Freshette. Many female guides prefer a rigid pee funnel. Click here for more info</p> <p>Menstruation Collection Cup There are many things to consider concerning backcountry menstruation. Click here for more info</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hand / Foot Warmers Recommended for people that are susceptible to cold hands and toes. These should be small, disposable type products.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Foot Powder A very small bottle will allow you to treat your feet daily, keep them dryer, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet. ★ <i>Examples: Gold Bond, Dr. Scholls</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Small Foam Pad Can be useful for sitting or kneeling on during field instruction. Your pack can also serve this purpose.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Camera Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Car Charger Consider bringing an extra battery pack as well, having a lot of people using car charger cables is difficult.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Altimeter Watch If you have one then bring it, it is a great tool to have in the backcountry, especially for navigation.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

