

## Ski Gear Checklist

Please contact us if you require any rentals and we will be more than happy to help you.

- Toque and/or helmet
- Shell Jacket
- Warm Layers
- Gloves and/or Mitts
- Ski Pants – preferably breathable
- Goggles
- Sunglasses
- Sunscreen
- Ski Boots
- Poles
- Ski's

Going off piste? You will need:

- Avalanche Transceiver
- Probe
- Lightweight Shovel
- Day Pack
- Skins
- Ski's with an alpine touring set up OR snowboard with snowshoes OR telemark skis and bindings OR a splitboard.

General Tips:

Guides at Canadian Powder Skiing Adventures use a layering system and we suggest the same for our guests. Light, breathable, waterproof shell pants and jackets are worn over top of warm insulating layers. If one gets too hot or cold it is easy to add or remove layers.

Try to avoid cotton clothing as it does not keep you warm when you are wet. Wool, polypropylene, and fleece are excellent alternatives which will keep you warm all the time.