

Gear List for Backcountry Tours
Nordic Ski Association of Anchorage
Bob Sutherland

Note: Not all items are required. You may find some items unnecessary. This checklist is to help you plan or remember what you need to make your tour fun and keep you comfortable.

Clothing

- Wool and/or Synthetic Socks
- Base Layer Top - Synthetic, wool or silk
- Base Layer Bottoms - Synthetic, wool or silk
- Mid-Insulation Layer Top - Pile (fleece), light synthetic fill or wool sweater/jacket
- Mid-Insulation Layer Bottom - Pile pants or multipurpose pants
- Light Wind Shell - Windproof, water resistant layer for high aerobic work
- Weather Layer Top - Gore-Tex or other waterproof breathable jacket
- Weather Layer Pants - Gore-Tex or other waterproof breathable pants
- Warm Outer Jacket - Down or synthetic
- Hat - Wool or Synthetic
- Brimmed Cap - Preferably wool or synthetic but cotton will do if other unavailable
- Face Warmer - Scarf, neck tube, face mask
- Light Gloves - Wool, synthetic or leather
- Insulated Gloves or Mitts - Wool or synthetic, w/ weather proof outershell
- Gaiters - if pants do not secure over boots
- Handkerchief

Travel Equipment

- Skis
- Boots
- Poles
- Waxes
- Skins
- Binding/Pole/Skin Repair Kit - Tools and parts to fix your personal travel rig

Snow Safety Equipment

- Avalanche Beacon
- Shovel
- Probe

Personal Equipment

- Pack - Light, and comfortable, 30-40 litres
- Sunglasses--goggles
- Sun and Lip Cream
- Head Lamp
- Insulated Water Bottle or Thermos
- Food and Water

- () Blister Kit
- () Pocket Knife
- () Camera - Optional
- () Binoculars - Optional

Nordic Ski Association of Anchorage

203 W. 15th Ave. #204
Anchorage Alaska 99501
907-276-7609, Fax 258-7609
nsaa@alaska.net

