



PATAGONIAN VOLCANOES SKI EQUIPMENT LIST

Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of multi-day backcountry skiing, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

This list is a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our current suggested brand list we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you.

Finally, a note on our recommendations: these are products, which our guides have used extensively and been happy with. Purchasing the specific items listed below will ensure you have the right tool for the job, but there are other options on the market.

If you have questions please give us a call: (801) 783-3216

A NOTE ON PACKING

For your international flights we recommend that you pack all your equipment in your two duffle bags. Do not simply pack your backpack (since the straps can be damaged by the baggage handling machines). It is important to lock these bags for their trip. Depending on the airport, you may be able to put your travel locks on after TSA has searched the bags. If not, Lock the bags with Zip Ties. If the TSA cuts off the zip-tie to search your bag, they will replace it. You will still need the travel locks to lock your bags in the hotel and during the expedition.



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Pack & Bags	Guide's Choices
1 Duffel Bag: At least one bag should be extremely durable, waterproof, and 100+liter big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own	The North Face Base Camp Duffel Bag XXL
Small Duffel bag: To leave all you travel items at the hotel.	The North Face Base Camp Duffel Bag Small.
Multi Tour Day Pack 45+ liters: Pack must have dedicated shovel and prove pocket and as well a good ski Ski Carrying System	Black Diamond Anarchist AvaLung Pack
Day Pack: An optional item for use on the ski tours above camp. pack must have dedicated shovel and prove pocket and as well a good ski Ski Carrying System	Black Diamond Agent Pack
Large Ski Bag: Solid and big enough to carrying not only yours skis but as well, part of you personal equipment.	Dakine Fall Line Double Ski Bag
Hydration System: Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be worn under your gore- tex layer (not in your pack) on summit days, so choose the lowest profile model you can find.	CamelBak Hydrobak Hydration Pack

Sleeping	Guide's Choices
Sleeping Bag: A bag rated to 0° F. Either goose down or synthetic, with ample room for movement. Most guides prefer down, because it is lightweight and compactable. A waterproof bag is superb, but not mandatory.	Marmot Helium Sleeping Bag
Sleeping Pad: 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad.	Therm-a-Rest ProLite Plus
Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing	Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing



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Technical Equipment	Guide's Choices
Skis with AT Bindings, Telemark or Split-boards: All skis and boards need to have brakes or retention straps.	
Ski Crampons: A crampon specific to your ski binding which is used for ascending firm slopes with skis on	Black Diamond Contact Crampon
Avalanche Transceiver: A digital transceiver is preferred	Mamut Pulse Barryvox Avalanche Beacon
Avalanche Shovel: Sturdy, brightly colored metal shovel with a extendable retracted handle	Black Diamond Deploy Shovel
Avalanche Probe: Minimum Length 2 meters, we recommend a longer prove of between 2,4 and 3 meters	Black Diamond QuickDraw Tour Probe 265
Helmet: A UIAA (Union Internationale des Associations d'Alpinisme) or CE (European Committee for Standardization) certified climbing helmet or a ski mountaineering helmet rated from both rock fall and skiing falls. Standard ski helmets are not acceptable. They are not rated for rockfall and are too warm to be worn during ascents.	Camp Pulse Ski Mountaineering Helmet
Ski/ Pole: Adjustable w/ Snow Baskets Shock absorbers are not recommended.	Black Diamond Razor Carbon Ski Poles.
Climbing Harness: Lightweight and low bulk harness designed for ski mountaineering; adjustable or releasable legs loops	Black Diamond Couloir Harness
Ice Axe w/Leash: A shorter 50-60cm ice axe is preferable for ski mountaineering.	Black Diamond Raven Pro Ice Ax *Available to rent from BBE.
4 Skis Straps: Voile style ski straps for you carrying your skis and poles,	Voile Ski Straps
Crampons: With flat rather than 'cookie cutter' frame rails. Your crampons should be steel, not aluminum for strength and durability. A combination heel bail/toe strap is a more universal system than a heel and toe bail system.	Black Diamond Serac Crampon *Available to rent from BBE.
Perlon (22 feet of 7mm and 10 feet of 5 mm): Will be used to make prussiks, "Texas hitch systems", and "dummy" straps. This cord should be uncut and not kevlar.	
Carabiners: (3 locking carabiners and 3 non-locking carabiners) - Lightweight small carabiners are best. Non- lockers can be wire gates.	Black Diamond Rocklock Carabiner. Black Diamond OvalWire Carabiner.
Belay Device: Light, easy to use + simple	Petzl VERSO Black Diamond ATC-XP
Headlamp: L.E.D. headlamps are recommended. Bring extra batteries.	Petzl Tikka XP 2 Black Diamond Storm
Glacier Glasses: Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 10% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses - it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber).	Julbo Explorer
Goggles: Amber or rose-tinted goggles for adverse weather. On windy days, climbers, especially contact lens wearers, may find photo-chromatic lenses the most versatile in a variety of light conditions.	Julbo Revolution



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Footwear	Guide's Choices
<p>Alpine touring, Telemark Boots or Snowboard Boots: Telemark boots flex at the toe for more efficient striding uphill and to allow the "telemark turn" on descent. AT Boots have rigid, lug soles, and are crampon compatible for climbing steep snow slopes. If renting boots it is recommended that you demo the rentals at your local ski area before taking them on this program. Please call our office to speak with a guide about ski and snowboard boot recommendations.</p>	<p>La Sportiva Spectre Boot.</p>
<p>Hiking shoes: These light to mid-weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow.</p>	<p>Sportiva Raptor Ridge Sportiva Delta GTX™ *For those who need more ankle support, a high-top lightweight boot is also appropriate.</p>
<p>Liner Socks (3 pairs): A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.</p>	<p>Bridgedale CoolMax Liner Sock</p>
<p>Hiking Socks (3 pairs): Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON.</p>	<p>SmartWool Hiking Medium Crew Sock Bridgedale- Endurance Trekker</p>
<p>Ski Socks (3 pairs): A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON</p>	<p>Bridgedale Wool Fusion Summit Sock</p>

Head	Guide's Choices
<p>Baseball Cap Bring your favorite baseball cap for shelter from the blazing sun. No white under-brim—the reflection off of it from the sun is blinding.</p>	<p>The Benegas Brothers Cap</p>
<p>Polar fleece or wool hat: A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.</p>	<p>Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie</p>
<p>Balaclava: We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.</p>	<p>Outdoor Research Option Balaclava</p>
<p>Buff: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.</p>	



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Hands	Guide's Choices
Lightweight Synthetic Liner Gloves 1 Pair: One pair of fleece, soft-shell or wind-stopper gloves.	Blak Diamond Scree Glove
Medium weight glove: Wind/water resistant insulated mountain gloves.	Black Diamond Kingpin Globe
Big Mountain Gloves: Wind/water resistant, insulated gloves for protection against wind, snow and cold. These also serve as emergency back-ups if you drop or lose a glove.	Black Diamond Guide Glove
Mitten Down or Synthetic, Gore tex	Black Diamond Mercury Mitt

Upper Body	Guide's Choices
Ultra-light base layer: That effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.	The North Face Vitesse T-Shirt - Short-Sleeve The North Face Hybrid Zip Neck Top
Mid-weight (2): A Synthetic mid-layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.	The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck
Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight	Patagonia R2 Jacket.
Soft-shell Jacket: These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer.	The North Face V10 Soft shell Hoodie Patagonia- Guide Jacket
Insulated Down Parka: A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight. Some parkas are too big and bulky for all but 8000-meter peaks!	The North Face Redpoint Optimus Insulated Jacket. The North Face Prism Optimus Down Jacket.
Hard Shell Jacket: A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.	The North Face Alpine Project Jacket
Insulated Down Parka: A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight.	The North Face Redpoint Optimus Insulated Jacket. The North Face Prism Optimus Down Jacket.



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Lower Body	Guide's Choices
1 - 3 underwear: Non-cotton	
Quick-dry shorts Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.	The North Face Class V Trunk
Mid-weight (2 pair): Fitted, light-weight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures	Patagonia Merino 3 Mid-weight Bottoms
Expedition-weight bottoms: Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp and on summit day.	Mountain Hardwear Power Stretch Tights
Soft Shell pants: You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boots.	Black Diamond Dawn Patrol Touring Pant. La Sportiva Protector Soft Shell Pant
Hard Shell Pant: Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants. No short 1/2 length, or short lower leg zippers allowed as it is difficult to put pants on when crampons are already on.	La Sportiva Storm Fighter Evo GTX Pant.



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Miscellaneous Items

Suncream SPF 50+: or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen.

Lips cream SPF 30+: at least 2 stick. Make sure your lips cream is new.

Food: We provide plenty of candy bars, granola bars, dried fruit for or hiking and skiing days; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Guu packets. You will not be able to purchase these specialty items in South America, so please feel free to bring some with you (around one pound).

Extra batteries for headlamp: Lithium batteries perform best in cold environments.

4 - Chemical Hand and Toe Warmers

2 - Water bottles: One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.

Insulated water bottle covers: These help prevent liquids from freezing. It should completely cover the bottle.

2- Luggage Locks: For your duffel bags. Must be TSA approved.

Camera

Stuff Sacks

Pocketknife

4-Heavy-duty garbage bags

Ziplock bags: (large size, for organizing small items and waterproofing)

Repair Kit: Bring a small repair kit with parts specific to your ski or snowboard boots and bindings.

Travel Clothes: For Hotel dinners and while traveling. Including a pair of conformable shoes



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Toiletry Items and Personal First Aid Kit

Toiletries: Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)

Drugs/Medications/Prescriptions: Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

Personal First Aid Kit: (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.

Pee-Bottle: 1 to 1/2 quart size. For female it's a female urination device (sometimes called a FUD) that allows you to pee while standing up. It's neat. It's discreet. It's hygienic. Sani-Fem Freshette Feminine Urinary Director

Travel Documents

Passport: Valid for six months beyond your return date

Reciprocity fee receipt

Photocopy of Passport: The first two pages of your passport

Final Pre Trip Check List

- Purchase travel insurance
- Return the Participant Information Form to the BBE Office
- Purchase airplane tickets
- Purchase online reciprocity fee and put receipt in passport (final reminder!)
- Reserve rental equipment