

<u>Equipment</u>
Skis / splitboard
Climbing Skins
Ski strap (To lash skis together)
Ski Poles
Ski/snowboard boots
Helmet (Optional if saving weight)
Goggles (High sun and low light lenses if possible)
Sunglasses (Dark tint / glacier glasses)
Light day pack - 20-30 litre (Carry emergency equipment for day tours. Strap to outside of main pack)
Snow shovel
Avalanche probe pole
Avalanche transceiver & spare batteries
Personal Locator Beacon (1 per group)
Headlamp & spare batteries
Pocketknife / Multitool
Cigarette lighter or waterproof matches
Phone / Camera (Enough charge/batteries to last a couple of days)
Basic first aid kit inc. Space blanket & Hand warmers
Sunscreen / Lipbalm
Basic repair items - Cable ties, gaffer tape etc.
Water bottle/s with large opening to stuff snow in
Paper map of terrain
Compass
<u>Clothing</u>
Ski socks x 2 pairs (Wear both at night)
Thermal leggings and top (Merino or polypropelene). 2 pairs if wanting clean ones to sleep in.
Light long sleeve top for sun protection (If it's likely to be warm).
Long sleeve thermal top or light polar fleece mid layer
Mid-heavy down puffer jacket with hood (Wear at night outside - use as pillow when sleeping)
Polar fleece track pants (Wear at night - alternatively 2 x thermals to save weight)
Shell ski jacket (Unlined Goretex or equivalent >20K rated membrane)
Shell ski pants
Neck warmer / balaclava
Sun hat / cap
Beanie
Gloves - Goretex / thermal lined
Gloves - Polar fleece
Down camp booties (Optional, as you can just wear your ski boot liners)
<u>Camping</u>
60+ litre trekking pack (Strap skis/board to side/back)
4 Season Alpine Tent (2-3 person)
Foam sleeping mat (Cheap K-mart one is fine)
Insulated inflatable sleeping mat - high R value (e.g. Thermarest X-Therm or Exped Downmat)
4 Season Down sleeping bag: -15+ comfort rated

Sleeping bag liner (Optional)
Stuff sacks for gear
Jetboil stove or equivalent (1 per 2 people)
Gas canisters (Winter fuel mix)
Fork/spork
Light mug/cup
Pee bottle for nighttime
Pootube & plastic bags for shit
<u>Meals - organised and cooked by tent partners</u>
Friday: Lunch / Dinner / Snacks
Saturday: Breakfast / Lunch / Dinner / Snacks
Sunday: Breakfast / Lunch / Dinner / Snacks
Monday: Breakfast / Lunch / Snacks
Total: 3 x breakfast, 3 x dinner, 4 x lunch, 3 full days snacks
Ideas:
Breakfast: Instant porridge, nuts, dried fruit, coffee, tea, hot chocolate/milo, freeze dried meals.
Lunch: Flat bread/wraps, cheese spread (for flavour), salami, cuppa soup, 2 min noodles
Dinner: Freeze dried meal, sweet snack dessert
Snacks: Nut bars, energy bars, nuts, dark chocolate, lollies, instant miso soup
Other: Spices, sweetened condensed milk tubes
High energy foods - fat, protein, sugar and high carbs
Buy meals that just need hot water added from a jetboil - avoid needing to cook ingredients together
Low weight foods - i.e. 2 min noodles instead of canned soup
Low packaging - remove all excess packaging before trip. e.g. Put all snack bars without wrappers in a sandwich bag.