

Cross-country Skiing/Snowshoeing

Day trip

Personal

- Skis/poles/boots or snowshoes/bindings/boots
- Ski poles for skiing (optional for snowshoeing; round baskets if off-trail)
- Daypack
- Water bottle/hydro pack (at least 1 litre/3hours) and/or thermos with hot fluids
- Healthy high energy snacks and/or lunch
- Sunglasses or glacier glasses with good UV protection (side shields beneficial on snow)
- Sunscreen and lip protector
- Personal medications (with a note of explanation)

Personal First Aid and Survival Kit

- Band-aids
- Supplies for blister protection/treatment
- Whistle
- Space blanket/garbage bag
- Metal cup/container
- Matches/lighter and firestarter (in waterproof case)
- Knife
- Headlamp or flashlight
- If in avalanche terrain: transceiver, probe pole and shovel (durable)

Clothing

- Warm hat, toque, tube scarf or ear band
- Gloves or mitts (as weather suggests)
- Underwear
- Long underwear (tops and bottoms, synthetic or wool)
- Pants/tights
- Warm long-sleeved shirt, sweater, pile or jacket
- Wind shell
- One or two pairs of warm socks (synthetic or wool)

Personal Optional

- Additional clothing items from above list (e.g., extra gloves, mitts, tube scarf, etc)
- Sun-shielding hat
- Vest (synthetic, wool or down)
- Wind pants
- Gaiters
- Climbing skins (may be required on steep route)
- Warm jacket or parka
- Snow/rain pants
- Shovel
- Sit pad (e.g., 40 x 40 cm ensolite)
- Personal wax kit (2–3 waxes, cork, scraper)
- Knee pads if telemarking
- Maps(s)
- Compass
- Thermos of hot fluid
- Toe/hand warmers

- Camera
- Note pad and pencil
- Binoculars
- Hut or camp shoes

Notes: Label all personal items. Leave junk food, electronic devices and other prohibited items at home.

Group

- Wax kit(s) (may be personal gear); 2–3 waxes, cork and scraper/six participants maximum
- Knife
- Watch
- Map(s) and compass
- First aid kit
- External communications device
- Thermos of hot fluid
- Toilet paper, spade/trowel and hand sanitizer

Group Survival Kit

- Tarp
- Water purification system
- Extra food
- Emergency flashlight or headlamp
- Matches or lighters in waterproof containers (3 places) and firestarter
- Cooking pot
- Snow saw, wire saw or folding saw

Group Repair Kit

- Duct tape
- Cordage (e.g., 10 m of parachute cord)
- Cable ties (locking plastic ties)

Group Documents

- Trip plan
 - Risk Management Plan
 - Emergency Plan
 - Itinerary card
 - Passenger list(s)
 - Participant health/medical forms
 - Permits, licenses or other documents (specify):
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Group Optional

- Route/area information (e.g. guidebook)
- Stove and fuel
- Additional communications device(s) (internal and/or external)
- GPS receiver
- Altimeter
- Emergency toboggan
- Snow study kit: screen, magnifier, ruler, thermometer, notebook, etc.

Other Items: suggested by terrain, season, group
and/or program objectives (specify):

Cross Country Skiing/Snowshoeing

Overnight trip: All of day trip plus the following:

Personal

- Backpack (internal frame preferred)
- Stuff sacks/garbage bags, etc. to organize and waterproof gear in pack.)
- Sleeping(s)
- Sleeping pad (ensolite, thermarest, etc.)
- Flashlight or headlamp and batteries
- Eating utensils (cup, bowl, spoon)
- Toiletries (hand soap/sanitizer, toothbrush and paste, dental floss, comb, toilet paper, etc.)

Clothing

- Full change of clothing for in camp (underwear, pants, shirt, socks)
- Turtleneck, tube-scarf or other neck covering (synthetic or wool)
- Extra warm hat, toque or bella clava
- Extra globes and/or mitts
- Water-resistant outer mittens
- Warm sweater, pile or jacket
- Three to four pairs of synthetic or wool socks
- Extra footwear to be worn at camp

Personal Optional

- Warm hat, toque, tube scarf and/or earband
- Vest (synthetic, wool or down)
- Wind pants
- Sleeping bag liner
- Vapour barrier liner
- Bivouac sack
- Snow saw/knife
- Shovel
- Candle lantern
- Bandana or small towel
- Journal
- Book
- Small musical instrument
- Tent games (e.g., cards)

Group

- Route/area info (e.g., guidebook)
- Tent(s)
- Tarp(s)
- Shovel(s)
- Extra waxes and klister
- Water purification system
- Food
- Stove, windscreen and fuel
- Insulation for stove bottom
- Lanterns and/or candles (long nights)
- Pots and lids
- Cooking utensils (e.g., pot lifter/vice grips pliers, can opener, cutting board, mixing bowls, spatula, leather gloves)
- Garbage bags
- Dishwashing kit (e.g., wash tubs, biodegradable soap, chlorine bleach, scrubber, washcloth, dish towels)

- Snow shovels
- Cordage/rope and carabiner for stringing up food at night, or for possible rescue applications

Group Repair Kit

- Multi-tool or small tool kit including vice grip pliers, needle-nosed pliers, screwdrivers, wire cutters and scissors
- Epoxy
- Wire (e.g., 2 mm braided steel)
- Pole repair kit: 2 aluminum angle splints (12 cm long) or flexible sheet metal (e.g., pop can), hose clamps, spare basket
- Ski repair kit: metal or plastic scraper (ski splint), spare ski tip, spare bails/bindings/cables, unidriver and bits (including a drill bit), steel wool, extra binding screws, c-clamps
- Snowshoe repair kit (e.g., 3 m lamp wick, extra bindings)
- Spare pack parts (e.g., assorted fasteners and buckles, 2 cord locks, pack strap webbing (2 m or 2 cm wide))
- Tent pole repair kit (e.g., pole sleeve or hose clamps and splints)
- Stove repair kit (e.g., jet-cleaning tool, spare jet, stove wrench, spare filter, oil for pump leather)
- Water filter cleaning tools and spare parts
- Superglue
- Rubber bands
- Sleeping pad patch kit or sandpaper (med. grit), alcohol swab, urethane adhesive and patch
- Sewing kit (e.g., safety pins, self-adhesive nylon repair tape or stick-on patch, needles and/or awl/speedy stitcher, thread or dental floss, thimble, zipper sliders, velcro strips (10 cm long x 2 cm wide), sticky both sides)

Group Optional

- Sled or pulk
- Water carrier
- Packable lantern
- Axe
- Saw (e.g., folding or wire pocket style)
- Snow saws/knives
- Grill, Dutch oven and/or reflector oven
- Clothes pegs
- Field guides
- Star chart
- Thermometer
- Additional communications device(s) (internal and/or external)
- GPS receiver
- Altimeter
- Visual signaling devices (e.g., smoke cannisters or signal mirror for day; flares or strobe for night)

Other Items: suggested by terrain, season, group and/or program objectives (specify):

Extended trip: All of overnight plus the following:

Personal

- Consider items on Personal Optional list for Overnights as above
- Extra band-aids and Moleskin or other blister protection
- Spare bulb and batteries for headlamp/flashlight/camera/avalanche transceiver
- Spare eyeglasses/sunglasses
- Personal sanitary supplies

Clothing

- Extra change of clothing
- Extra insulation layer(s) (e.g., warm jacket and pants)

Personal Optional

- Daypack for trips from base camp
- Sled/pulk

Group

- Consider items on Group Optional list for Overnights as above
- Back-up water purification system
- Hand soap (bar or bottle of liquid)
- Additional fuel
- Extra garbage bags

Group Repair Kit

- Seam sealer
- Additional stove repair kit items (e.g., filter, filter wire, plugs, gaskets, spare O-rings, etc., as per stove model)

Other Items: suggested by terrain, season, group and/or program objectives (specify):
