

# COURSE SKI MOUNTAINEERING PERSONAL GEAR CHECKLIST



Key: \$ = for purchase only, available at AMS; NC = available at no charge; N/A = not available at AMS or in Talkeetna. All rentals completed in Talkeetna.

Rental price:	
<b>FEET</b>	
<input type="checkbox"/> Camp Socks (2 pairs)	\$
<input type="checkbox"/> Ski Socks (2 pairs)	\$
<input type="checkbox"/> Ski boots	N/A
<input type="checkbox"/> Camp booties	\$15
<b>UPPER BODY</b>	
<input type="checkbox"/> Base layer underwear	\$
<input type="checkbox"/> Base layer, lightweight	\$
<input type="checkbox"/> Base layer, midweight	\$
<input type="checkbox"/> Insulation layer	\$15
<input type="checkbox"/> Hard shell jacket	\$35
<input type="checkbox"/> Insulated synthetic parka	\$40
<b>LOWER BODY</b>	
<input type="checkbox"/> Base layer underwear	\$
<input type="checkbox"/> Base layer, lightweight	\$
<input type="checkbox"/> Soft shell pants (optional)	\$
<input type="checkbox"/> Hard shell pants	\$40
<input type="checkbox"/> Insulated overpants	\$65
<b>HEAD/FACE/EYES</b>	
<input type="checkbox"/> Sun hat	\$
<input type="checkbox"/> Bandana/buff	\$
<input type="checkbox"/> Warm hat	\$
<input type="checkbox"/> Glacier glasses w/ case	\$
<input type="checkbox"/> Ski Goggles	\$
<b>HANDS</b>	
<input type="checkbox"/> Liner gloves, medium-weight	\$
<input type="checkbox"/> Insulated ski gloves	\$
<input type="checkbox"/> Insulated Mittens	\$15
<b>SLEEPING</b>	
<input type="checkbox"/> -20°F synthetic bag w/compression stuff sack	\$35
<input type="checkbox"/> Full-length Inflatable sleeping pad	\$
<input type="checkbox"/> Full-length closed-cell foam sleeping pad	\$5
<b>BACKPACK / STORAGE</b>	
<input type="checkbox"/> Internal frame pack	\$40
<input type="checkbox"/> Small stuff sacks (2)	\$2 each
<input type="checkbox"/> Lunch stuff sacks (2)	\$3 each
<input type="checkbox"/> Tent stuff sack (1)	\$3 each
<input type="checkbox"/> Garbage bags (3)	\$
<input type="checkbox"/> Sled duffel	NC
<b>SUN</b>	
<input type="checkbox"/> Lip balm	\$
<input type="checkbox"/> Sunscreen	\$
<b>TOILETRIES</b>	
<input type="checkbox"/> Toilet paper (single-ply)	\$
<input type="checkbox"/> Hand disinfectant	\$
<input type="checkbox"/> Handi Wipes (6-12)	\$
<input type="checkbox"/> Travel toothbrush & toothpaste	\$
<input type="checkbox"/> (Women)Sanitary supplies	\$
<input type="checkbox"/> Pee bottle	\$

Rental price:	
<b>CLIMBING</b>	
<input type="checkbox"/> Crampons w/ case	NC
<input type="checkbox"/> Ice axe	\$15
<input type="checkbox"/> Seat harness	\$15
<input type="checkbox"/> Mechanical ascender w/ sling	NC
<input type="checkbox"/> Carabiners (9)	\$2
<input type="checkbox"/> Locking Pear carabiners (3)	\$3
<input type="checkbox"/> Locking D carabiners (1)	\$3
<input type="checkbox"/> Glacier rig	NC
<b>SKIING</b>	
<input type="checkbox"/> Alpine touring (AT) backcountry skis	N/A
<input type="checkbox"/> Climbing Skins, cut to fit skis	\$
<input type="checkbox"/> AT Bindings with Optional Ski crampons	N/A
<input type="checkbox"/> Ski poles	\$20
<input type="checkbox"/> Avalanche shovel	NC
<input type="checkbox"/> Avalanche transceiver	NC
<input type="checkbox"/> Avalanche probe	NC
<input type="checkbox"/> Ski Helmet	\$15
<input type="checkbox"/> Compass	NC
<b>EATING &amp; DRINKING</b>	
<input type="checkbox"/> Mug	\$
<input type="checkbox"/> Bowl w/ lid	\$
<input type="checkbox"/> Spoon	\$
<input type="checkbox"/> Water bottles (2)	\$
<input type="checkbox"/> Water bottle insulators (2)	\$6
<b>MISCELLANEOUS</b>	
<input type="checkbox"/> Pocket knife	\$
<input type="checkbox"/> Watch w/ alarm	\$
<input type="checkbox"/> BIC lighter	\$
<input type="checkbox"/> Earplugs	\$
<input type="checkbox"/> Headlamp	\$
<input type="checkbox"/> Notebook/ Pencil	\$
<b>MEDICAL</b>	
<input type="checkbox"/> Ibuprofen/Advil/Motrin (20 tablets)	\$
<input type="checkbox"/> Acetaminophen/Tylenol (20 tablets)	\$
<input type="checkbox"/> Personal, regular medications	N/A
<input type="checkbox"/> Blister kit/moleskin	\$
<b>OPTIONAL ITEMS</b>	
<input type="checkbox"/> Favorite trail food, 1 lb	\$
<input type="checkbox"/> Instant coffee	\$
<input type="checkbox"/> Camera	\$
<input type="checkbox"/> Nose guard	\$
<input type="checkbox"/> (Women)Pee funnel	\$
<input type="checkbox"/> Half-length pad	\$2