

Elliot Gaddy

**Gaddy Guiding LLC**

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## Gear List

### Multi-Day Ski

#### *Ski/Snowboard Gear*

- **Skis or Splitboard** with touring bindings fit to boots. Current favorites: Black Diamond Helio skis (105 waist) and Helio 200 bindings.
- **Backcountry ski or snowboard boots** Current favorite: Salomon S/Lab MTN
- **Skins** cut to fit skis/splitboard. Current favorite: Black Diamond Glidelite
- **Poles** adjustable poles can be nice, but simple one piece poles tend to be more durable. Current favorite: Les Baton d'Alain
- **Beacon** digital beacon less than 10 years old. 3 Antennae beacons only. Current favorite: Mammut S or Barryvox.
- **Probe** 240 cm minimum. Current favorite: Black Diamond Quickdraw Carbon 320
- **Shovel** must have a metal blade and shaft. Current favorite: Black Diamond Evac 7 or Deploy
- **Helmet** recommended. Helmets must be appropriate for skiing/mountaineering. Current favorite: Petzl Meteor
- **Ski crampons** (March-May trips) check fit to bindings and skis. Current favorite: Dynafit
- **Ski strap** longer length (500mm+) is more useful. Current favorite: G3 straps

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## *Clothing*

- **Warm hat** less bulk works well with lightweight helmets
- **Sun hat** something with a brim, high ventilation encouraged, optional midwinter.
- **Face covering** a synthetic Buff is nice. These are important for windy or extra cold conditions.
- **Puffy jacket** warm synthetic insulated jacket that fits over outer layers. Current Favorite: Patagonia Hyperpuff
- **Waterproof shell jacket** able to tolerate both snow and light rain. Current favorite: Black Diamond
- **Insulating layers** (fleece, down, synthetic) No cotton.
- **Synthetic base layer top** Current favorite: Patagonia Capeline
- **Synthetic base layer bottom** Current favorite: Patagonia Capeline
- **Shell pants** hardshell tends to work better than soft-shell for most skiing conditions. Current favorite: Patagonia Stormstride pants.
- **2 pairs of warm waterproof/shell gloves** a lighter pair for uphill travel and a warmer pair for downhill/cold temps works well. Current favorite: Black Diamond Legend and Guide gloves
- **Warm ski socks (2 pairs)** Current favorite: Patagonia Merino socks
- **Puffy pants** Insulated pants that go over your outer layers. Full side zip is the best.

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## *Personal Gear*

- **Eating equipment** Bowl, spoon. A mug is optional. Only bring what you need for the meal. The most lightweight way is to simply bring a spoon to eat out of a freeze dried meal bag, and drink hot drinks from your water bottle.
- **Lunch food** Pack for full days. Pick food that is actually appetizing to you. Current favorites: Cheese, smoked meats, pretzels, cold pizza, Clif shot blocks, Jelly Belly sport beans, smoked salmon, chocolate, the list goes on...
- **Hot Drinks** Coffee, tea, cocoa, cider. Current Favorite: First Ascent instant coffee
- **1-1.5 Liters of water/sports drink** Insulated containers if temperatures are below freezing
- **Headlamp** Check your batteries. Bring a second set of batteries, or even better, a second headlamp. Current favorite: Petzl Actik Core.
- **Sunglasses** Photo chromatic lenses help with varying light conditions. Current favorite: Julbo Shield
- **Goggles** Multiple lens options preferred, go lighter tint if only using one lens. Current favorite: Zeal Optics.
- **Sunscreen** Optional mid-winter but nice by mid-February
- **Lip Balm** High SPF preferable
- **Day Skiing Pack** 30-40 liter capacity. Current Favorite: Black Diamond Cirque 35
- **Overnight backpack** 50-65 liter capacity, a bag designed for skiing can make gear organization easier. Current favorite: Black Diamond Speed 50
- **Optional:** Camera, Hand and foot warmers, blister kit, lip balm, ski scraper, skin wax, FRS radio, external battery with cords for small electronics, Gaia GPS or OnX Backcountry mapping app downloaded onto your smartphone.

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## *Overnight Gear*

- **Sleeping bag** A 0 F bag can usually suffice. For midwinter -20 F may be more appropriate, by May-June a 20 F may work. For questions please check with guide.
- **Sleeping pad** foam or inflatable. Current favorite: Therm-a-rest Neo Air X Therm
- **Toiletries kit** hand sanitizer, eye care, teeth care, toilet paper and lighter
- **Over the counter or prescription medications** if necessary
- **Stuff Sacks** To organize gear on the overnight
- **Optional:** Earplugs, Pillow stuff sack Current favorite: Hyperlite Stuff Sack Pillow

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*Technical Equipment (may be required, check with your guide to see what is necessary)*

- **Ice axe** Shorter (45-55 cm) axes fit on the pack better and work well in steep terrain. Current favorite: Petzl Ride
- **Boot crampons** Aluminum or steel. Current favorite: Petzl Leopard or Irvis
- **Light harness** Low profile and lightweight is a plus. Your harness should be easy to put on with skis or crampons on your feet. Current favorite: Petzl Altitude
- **Ski crampons** (March-May trips) Check fit to bindings and skis. Current favorite: Dynafit
- **Glacier travel and rescue gear** 4 locking carabiners, 6 non locking carabiners, belay/rappel device, rope grab device ex: Petzl micro traxion, sewn 48" runner, 4' 6mm cord, 5' 6mm cord, 20' 6mm cord.
- **Optional** Ascent Plates: These can be great for getting up the steep and deep slopes. Both Verts and Billygoats are great. Billygoats must be pre-fit to your boots and require crampons to be affixed to the boots, but are lower profile in the pack.