

Lodge Based AST2+ Suggested Packing List

Personal items:

- Passport (mandatory for those crossing the US/Canada border)
- Powder Skis (most people are using 100-120mm underfoot) & poles OR Split board and collapsible poles
- Climbing skins
- 26-45L Pack
- 3-antennae Digital avalanche transceiver
- Snow shovel
- Avalanche probe
- Personal plastic scraper
- Personal repair parts/items
- Personal first aid and blister kit, personal medications
- Ski boots, indoor shoes.
- Headlamp with spare batteries
- Sunglasses, Goggles, sunscreen and lip protection
- Water container(s) and/or small thermos
- Ski clothing that can be layered
- Hand/Foot Warmers (optional)
- Comfortable lodge clothing (the lodge is warm)
- Personal toiletries
- Smartphone device with navigation app (see below)
- Back-up navigation: compass, map
- Personal 2-way radios (optional, I have a few)
- Phone charger
- Up to weight limit: alcohol (no glass). Hilda has \$6 pints of draft beer or boxed wine
- Note: Bedding and Towels provided by Valkyr

Navigation Device:

There are several good navigation app's which are acceptable. I have an arrangement with GaiaGPS giving discounted rates for students:

https://www.gaiagps.com/discounts/#_r_keith99

Group Gear (I have one of everything, but bring group items you would normally take on tours for self-guided days):

- Snow pit assessment kit including snow saw
- Bivy sack
- Fire starter
- Additional repair items
- Additional 1st aid

Space and weight:

Please bring what you need, but not more. We will be charged extra for going overweight. Bring small-medium duffles (not large) which pack easier in helicopter.