

# PNW Backcountry Skiing Check List v1

## Trip Preparation

- Gear Packed & Ready (below)
- Read Forecast & Identify terrain & turnaround time
- Communicate trip plans to 3<sup>rd</sup> party, and expected return time

## Essential Safety & Avalanche Gear

- Avalanche Beacon (Transceiver) – fresh batteries
- Avalanche Probe – 240–320 cm
- Avalanche Shovel – metal blade
- Helmet – touring-friendly
- First Aid Kit – blister care, gauze, tape, meds
- Emergency Communication – InReach/PLB/satellite messenger
- 2-way radios
- Navigation – Map, compass, GPS, phone downloads
- Snow Study Tools – saw, crystal card, thermometer

## Ski & Technical Gear

- Skis with touring bindings or Splitboard
  - Check to make sure in good condition
- Skins – check glue in wet PNW conditions
- Ski Snowboard boots (walk mode functional)
- Poles
- Ski crampons – common on icy mornings
- Boot crampons (if mountaineering)
- Ice axe (steep, firm terrain)
- Repair Kit – multi-tool, duct tape, ski straps, spare parts
- Goggles

## Clothing – Worn

- Moisture-wicking base layer top (synthetic or merino)
- Softshell touring pants – preferably vented
- Light gloves
- Hat or headband
- Sunglasses – low light common in PNW
- Add long underwear as needed

## Clothing – Packed

- Waterproof hardshell jacket (essential for PNW storms)
- Puffy jacket (down or synthetic)
- Extra gloves/mitts (wet weather backup)
- Buff/neck gaiter
- Extra base layer

- Insulated pants (cold/windy ridges)

## Food, Water & Survival

- Water (1.5–2.5 L) – insulated bottle recommended (hydration packs can freeze)
- Electrolytes
- High-calorie snacks – bars, nuts, gels, wraps
- Thermos with hot drink – helpful in wet/cold PNW tours
- Emergency bivy sack
- Lighter & fire starter
- Headlamp with spare batteries
- Knife
- Sunscreen + lip balm
- Toilet kit – TP + wag bag if required

## Optional / Comfort Items

- Goggles – low light & storm lens
- Skin saver mesh
- Hand warmers
- Small sit pad
- Camera / GoPro
- Extra socks
- Rope + harness (glacier travel on volcanoes)

## Pack Recommendations

- 30–40 L pack for day tours
- 45–50 L pack for mountaineering or multi-day missions
- Consider an airbag pack in high-risk avalanche zones

\*\*\* Keep other RF devices 30-50cm away from your beacon. This includes radios, cameras, metal objects, phones etc.