



BACKCOUNTRY SKIING EQUIPMENT LIST

MMA will supply all of the technical gear needed for the program. In addition, MMA can provide a backpack to carry your gear. You are welcome to use your own gear as long as it is approved by the instructor. Below is a list of items not supplied by MMA. The weather can change dramatically when backcountry skiing, so have plenty of layers made of wicking materials available: do not wear cotton!

NECESSITIES

- Synthetic or wool long underwear top
- Synthetic or wool long underwear bottom
- Polar fleece or Prima-loft sweater or jacket
- Down or synthetic parka
- Lightweight Gore-tex or similar waterproof and breathable wind shell top with hood
- Gore-Tex or Schoeller pants
- Two pairs of winter gloves or mittens
- Synthetic or wool hat
- Balaclava
- Ski or snowboard boots
- Synthetic or wool socks
- Goggles
- Sunglasses
- Headlamp or flashlight
- 1 to 2 liters of water in sturdy leak-proof bottles (Nalgene)
- Lunch: high energy food with lots of calories

OPTIONAL BUT RECOMMENDED ITEMS

- Thermos with a hot drink
- Camera
- Heat packs

If you have any questions please contact MMA.

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