



MULTI-DAY WINTER EQUIPMENT LIST

For all overnight trips

TECHNICAL EQUIPMENT

- **Backcountry Touring Skis, Snowboard, or Snowshoes:** skis or splitboard set-up must include skis/splitboard, skins, poles (collapsible for snowboarders), and one ski strap.
- **Avalanche Gear:** avalanche beacon, shovel, and probe. These can be rented from MAG for \$50/day.

FOOTWEAR

- **Ski Boots (AT or telemark) or Double Mountaineering Boots:** must be compatible with your mode of travel and have removable liners. Make sure you spend some time in them prior to your trip to break them in!
- **Booties:** Down or Synthetic: something to give your feet a break from your boots while in camp. (optional)
- **Socks:** 2 to 4 pairs (synthetic or wool-mix) and sized for your boots. Thin liners recommended for blister management.

TOP LAYERS

- **Long sleeve base layer:** synthetic or wool
- **Fleece:** medium weight polar fleece
- **Puffy jacket (down or synthetic fill):** light to medium weight
- **Puffy jacket (down):** lightweight but warm for camp. 800+ fill down is great!
- **Waterproof Jacket with hood** (Gore-Tex)

BOTTOM LAYERS

- **Bottom base layer** (long johns): synthetic or wool.
- **Softshell Pant OR Hardshell Pant** (Gore-Tex): full side zips are great!
- **Puffy Pants** (down or synthetic fill): optional for in camp (full side zips are great!)

OTHER

- **Gaiters:** optional depending on pants snow cuff style
- **Hat:** for sun
- **Hat:** fleece or wool hat that covers ears & fits under a helmet
- **Neck Gaiter/Buff**
- **Gloves (2 pairs):** one medium weight and one thick pair/mittens
- **Backpack:** 55L - 85L depending on trip length
- **Sleeping Bag:** (-20) degree, lightweight, and packable
- **Sleeping Pads (2):** 1 Closed-cell foam pad and 1 insulated inflatable or self-inflating pad (as lightweight as possible)
- **Water Bottles (2) with insulating covers:** 1L bottles work best
- **Sunglasses:** with eyeglass retention strap
- **Sunscreen and Lip Balm**
- **Headlamp:** with extra batteries
- **Personal Care Items:** toothbrush, contact solution, etc. Please keep it minimal.



MONTANA ALPINE GUIDES

- **Restroom Supplies:** toilet paper - be prepared to PACK IT OUT! Bring 3 Ziploc bags: 1 for clean TP, 2 for used TP. This land is pristine - we will be leaving it that way.
- **Personal First Aid:** blister care (moleskin), personal meds (inform your guide or our office if bringing meds)
- **Misc. Items:** lighter, knife, bandana, hand sanitizer, washcloth, chemical hand warmers, etc.
- **Bowl, spoon, and insulated mug** (*Guide's Pick: GSI Gourmet Nesting Mug + Bowl*)
- **Water treatment:** tablets or filter (MAG will provide, but it's always good to carry extra)
- **Helmet:** We can provide, but you can save weight with a super-light model (*Guide's Pick: Petzl Sirocco*)

FOOD:

- **Snacks/Lunches for each day:** a mix of sweet and savory items. In the end, you have to like it to eat it, so bring what you like, but think about weight vs. caloric value. (4-6 rations/day)
- **Drink Mixes:** optional but if it helps you hydrate; bring it.
 - **Guide Choices:** Cheese, nuts, dried fruit, sausage, and snack bars. A few energy gel/GU packs for that needed boost at the end of our long days (they can really help!)

OPTIONAL ITEMS

- **Reading material:** lightweight
- **Music:** iPod or phone

WE WILL SUPPLY:

- **Cookware:** stoves, cook sets, fuel
- **Tents:** 4-season tents built to last.

NOTE: A POUND IN YOUR PACK IS A POUND ON YOUR BACK!

Attempt to shed every pound that you can. The lighter your load the more you will be able to enjoy yourself. On top of all the gear on this list, you will be expected to carry your share of the group food and cookware, tent, and water bottles (full). Pack weight estimates are between 45-65 lbs, depending on trip length and objectives.

PORTERS: We do have the option to have a porter accompany most trips. Porters can take ~30 lbs of your equipment.