

Chile Backcountry Skiing Adventure Equipment List 2019

Having the right equipment on your expedition will make almost as much a difference to your safety, comfort, and enjoyment as any physical training you do to prepare for your trip. It's essential that you take the time to acquire the correct gear and don't wait until the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online at Eddie Bauer and at your local gear store.

The purpose of this gear list is to help guide your purchases. Sometimes, salespeople in your hometown don't have first hand knowledge of high-altitude climbing, so balance their advice with what you read here. And don't hesitate to call us for more information on any of these items.



Hat - Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection off of it from the sun is blinding.
Recommended: *Stylish Alpenglows Flatbrim*



Neck Gaiter (Buff) - A multi purpose neck gator that can also be worn under your hat. Make sure that it covers as much skin as possible and yet is still comfy.
Recommended: *Alpenglows Expeditions Neck Gaiter or Eddie Bauer Multiclava and the Original Buff*



Beanie - A comfortable, warm well-fitting hat that covers your ears. Make sure that one of your hats fits under a helmet.
Recommended: *Eddie Bauer Telemetry or Patagonia Lined Beanie*



Helmet - A lightweight, breathable ski touring helmet. Pick something that is adjustable, and can be worn with a beanie or hat underneath.
Recommended: *Petzl Meteor*



Glacier Glasses - Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses. "Wrap" style is best. Ventilation is important and a retainer strap recommended (Chums or Croakies).

Recommended: *Kaenon Klay or Revo Guide II*



Goggles - These will be worn on stormy or windy days. Make sure you are getting a snug fit with lenses for bright sun. Ventilation and anti-fog features are recommended.

Recommended: *Smith I/O 7, or Julbo Universe Goggles*



Lightweight Glove - All-around gloves for mountaineering, backcountry skiing, and hiking. These gloves (and similar options) are warm, wind-resistant, durable and have a sure grip. You will rarely take these gloves off while ascending, and will swap them out for descents. They should be snug-fitting, and have some sort of reinforced palm.

Recommended: *Eddie Bauer Mountain Glove or Black Diamond basic work glove*



Midweight Gloves - These gloves should be full GORE-TEX®, and insulated. These will be your main glove for descents.

Recommended: *Eddie Bauer Guide Glove, Black Diamond Spark, or Punisher*



Ski Socks (2 pair) - Your everyday ski sock, good for ski tours and day hikes. NO COTTON.

Recommended: *Patagonia Lightweight Merino Performance Knee Socks*



Hiking shoes - These light to mid-weight shoes are for every day use. The ideal shoe is comfortable to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe stays drier when hiking in rain or snow.

Recommended: *La Sportiva Bushido Hiking Shoes or La Sportiva trail running shoes*



Skis/Splitboard - A lightweight touring ski or board that you are comfortable riding. For skis, our guides suggest something between 95mm and 110mm underfoot. Keep in mind that extremely lightweight boards are great on the uphill, but can prove challenging in variable conditions.

Recommended: *Blizzard Zero G 105 Skis or Blizzard Zero G 95 , Jones Solution splitboard*



Alpine Touring Bindings - These need to be a touring specific binding with free heel mode for uphill travel, and are capable of handling black diamond terrain. Brakes are strongly encouraged. Frame bindings are also acceptable.

Recommended: *Dynafit ST Radical*



Skins - Many options are available, and are often comparable. Most important is to ensure your skins are trimmed properly for the ski you will be touring with. Skins with a secure tail clip are preferred.

Recommended: *Black Diamond Glidelite Climbing Skin, Pomona Free 2.0*



Avalanche Beacon - A digital transceiver that is simple to use or that you are extremely comfortable using.

Recommended: *Pieps DSP Sport, Mammut Element*



Avalanche Probe - A strong, lightweight avalanche probe, 260-300cm.

Recommended: *Pieps Carbon tour 260*



Avalanche Shovel - A lightweight metal avalanche rescue shovel. Extendable handle is recommended.

Recommended: *Pieps Tour T shovel*



Ski Poles - Adjustable ski poles with powder baskets.

Recommended: *Black Diamond Traverse Poles*



Ski Crampons - While these are optional, they are strongly recommended by our guides. These will be used on early spring days when the snow is often icy on the way up before the conditions transition. Many bindings accept a compatible crampon made by the manufacturer.

Recommended: *Dynafit Ski Crampons*



Ski Boots - These need to be a touring specific boot with walk mode, and a rubber sole. Typically sized a bit larger than your regular alpine boot, and light weight and breathability are a huge plus. Be sure to try many pairs on to find the right fit; it can make or break a day in the mountains!

Recommended: *Tecnica Zero G Guide Boots, Zero G Guide Pro, Cochise series.*



Upper Body Light Weight - Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.

Recommended: *Eddie Bauer Quantum Short-Sleeve T-Shirt, or Patagonia Capilene 1 T-shirt and Icebreaker 150/200 weight shirt*



Long underwear top - A poly-pro or merino mid-layer that you will never take off. Fitted, light-weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.

Recommended: *Eddie Bauer Resolution IR 1/4 Zip*



Mid weight insulating layer - A light synthetic puffy or fleece jacket. Warmer than your expedition weight top, but not as extreme as your big puffy jacket. Full zip is recommended.

Recommended: *Eddie Bauer Ignitelite, or Patagonia nano air*



Puffy Jacket - A midweight down jacket. This is your warm puffy, worn when it's cold and windy and mandatory for those cold summit mornings!.

Recommended: *Eddie Bauer Downlight Stormdown hooded jacket, Patagonia hooded down sweater*



Soft Shell Jacket - (Optional) While this item isn't required, we know that those who don't have one wish they did! More breathable than Gore-tex, these jackets block wind and light precipitation. A windshirt is an option for this layer.

Recommended: *Eddie Bauer Sandstone, Patagonia Guide Jacket, or Black Diamond Induction Shell*



Gore-Tex®/Weather Edge Flux jacket - A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.

Recommended: *Eddie Bauer BC Alpine Light Jacket, or Patagonia M10 Jacket*



Quick-dry shorts - Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.

Recommended: *Eddie Bauer Guide Pro Short, or Patagonia Baggies Shorts*



Light to mid-weight - Fitted and quick drying. This piece will be a base-layer that will get you through a wide range of temperatures.

Recommended: *Midnight FreeDry Merino Hybrid Baselayer, or Patagonia- Capilene 2 Bottoms and Icebreaker 200/260 weight*



Soft Shell pants - You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boot.

Recommended: *Eddie Bauer Guide Pro Alpine, or Patagonia Simul Alpine Pant*



Gore-tex® pro shell pants - Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets.

Recommended: *Black Diamond Sharp End Pants*



Daypack - Mid-size pack for travel, city days and trekking. Streamlined, neat and lightweight (10-20 liters).

Recommended: *Eddie Bauer Bacon Pack, or Black Diamond Bullet 16 Pack*



Backpack - Internal frame pack that is between 30 and 40 liters. Either purchase a matching pack cover, or use garbage bags as liners. Make sure the pack is fitted to YOUR body.

Recommended: *Black Diamond Cirque 35 or 45 Pack*



1 Duffel Bag and 1 Ski/board bag- These bags should be extremely durable and waterproof.. You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying. Two bags are necessary to fit all your equipment for travel (we don't recommend checking your backpack, best is to put all gear into duffel) Once in country, you can consolidate your gear into one duffel and your backpack. It's common to leave the second duffel with city clothes and other non-necessary items behind in a locked and secure location that your guide will arrange for you.

Recommended: *Eddie Bauer Maximus Duffel, North Face Snow Roller ski bag*





Headlamp - L.E.D. headlamps are required.. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp.

Recommended: *Black Diamond Spot Headlamp*



Crampons - Steel crampons with anti-balling plates are required (so that snow does not build-up in the base of your foot). Make sure that crampons have a heel bail. * Crampons are also available to rent at no charge from Alpenglow Expeditions on a first come, first serve basis.

Recommended: *Petzl Sarken Crampons or Petal Vasak*



Harness - Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable. *Harnesses are also available to rent at no charge from Alpenglow expeditions on a first come, first serve basis.

Recommended: *Petzl Altitude Harness*



Locking Carabiner (2) - Lightweight small carabiners are best.

*Lockers are also available from Alpenglow at no charge.

Recommended: *Petzl Attache*



Prusik Cord - (20' of 6mm) This will be used to make prusiks This cord should be uncut and not kevlar.

Recommended: *Sterling Ropes or Blue Water Ropes*



General Mountaineering Axe - One non-technical climbing axe. The tool should be approx. 55cm- 65cm long and comfortable to hold.

Recommended: *Petzl Summit or Black Diamond Raven*



Two Nalgene 1 liter, wide mouth bottles.

Recommended: *Nalgene 1 L wide mouth Water Bottle x2*



Wide mouth compressible 1-1.5 liter bottle.

Recommended: *Nalgene Cantene PEE Bottle*

MISCELLANEOUS: underlined items are required

- PASSPORT (with visa, if necessary)
- TRAVEL WALLET POUCH (waist or neck)
- 2 LUGGAGE LOCKS (TSA compliant)
- WAG BAGS (2 bags used while defecating on the mountain as to leave no trace)
- LEATHERMAN/ SWISS ARMY KNIFE (think lightweight- Leatherman Juice C2 is guide's favorite).
- PLASTIC BOWL, SPOON + MUG
- NON-COTTON UNDERWEAR (men- polypro boxers or briefs / women-poly-pro sports bras, cotton or polypro briefs are fine)
- 2 HEAVY DUTY GARBAGE BAGS (at least)
- ZIP LOCK BAGS (large size, for organizing small items and waterproofing)
- STUFFSACKS (assorted sizes, for organizing your clothes and gear)
- SUNSCREEN: SPF 30 (or higher) LOTS
- LIP BALM with SPF 25 (or higher) Dermatone, Blistex
- INSECT REPELLENT
- PERSONAL FIRST-AID KIT (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Immodium, Personal Medications)
- PEE FUNNEL(optional for women) One popular model is the Freshette.
- TOILETRIES [Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Pural Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)]

- SNACK FOOD (trail mix, balance bar, GU, candy, powdered drink mixes – don't bring a whole suitcase, but bring a variety of things you know you can eat while in the mountains. Carbohydrate energy gels or blocks are essential for summit days. 1-2lbs should be sufficient unless you love the stuff!)
- HAND WARMERS (3-6 packs)

IN TOWN:

- T-SHIRTS
- SHORTS
- SKIRTS (WOMEN)
- GOING-OUT CLOTHES (for a celebration night out in town, clothes that will not go into the mountains)
- LONG PANTS
- UNDERWEAR
- SOCKS
- WARM SWEATER
- SWIMSUIT
- SPENDING MONEY (souvenirs, gifts, departure tax, staff/guide tips)

OPTIONAL:

- EXTERNAL BATTERY PACK for phones, and other electronics. Recommended: Anker PowerCore Speed 10000.
- EAR PLUGS
- JOURNAL/ CARDS/ GAMES FOR PERSONAL ENTERTAINMENT
- LANGUAGE PHRASE BOOK OR DICTIONARY
- CAMERA (Full size DSLRs not recommended as your summit camera. Sony RX100 is a guide's favorite. Remember extra SD cards and batteries.)
- COMPACT BINOCULARS
- SANDALS (flip-flop Chacos or Tevas)

A NOTE ON PACKING

For your international flights we recommend that you pack all of your equipment in your two duffle bags. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and in Basecamp. Generally, you will take one duffle to Basecamp, and leave one in the hotel with your belongings for town.

GEAR CHECKLIST

- HAT
- NECK GAITER (BUFF)
- BEANIE
- HELMET
- SUNGLASSES
- GOGGLES
- LIGHTWEIGHT GLOVES

- MIDWEIGHT GLOVES
- SKI SOCKS X2
- HIKING SHOES
- SKIS W/ ALPINE TOURING BINDINGS/SPLITBOARD
- SKINS
- AVALANCHE BEACON
- AVALANCHE PROBE
- AVALANCHE SHOVEL
- SKI POLES
- SKI CRAMPONS
- SKI BOOTS
- LIGHT WEIGHT TEE
- LONG UNDERWEAR TOP
- MIDWEIGHT INSULATING LAYER
- PUFFY JACKET
- SOFT SHELL (OPTIONAL BUT RECOMMENDED)
- GORE TEX SHELL
- SHORTS
- BASE LAYER BOTTOMS
- SOFT SHELL PANTS
- GORE TEX PANTS
- DAY PACK
- SKI PACK
- HYDRATION SYSTEM (OPTIONAL BUT RECOMMENDED)
- DUFFLE BAGS X2
- HEADLAMP
- HARNESS
- ICE TOOL
- CRAMPONS
- LOCKING CARABINER X2
- PRUSIK CORD (6MM)
- NALGENE 1L X2
- NALGENE PEE BOTTLE
- PASSPORT
- LUGGAGE LOCKS
- NON-COTTON UNDERWEAR
- SUNSCREEN
- LIP BALM
- FIRST AID KIT
- TOILETRIES
- SNACKS
- WAG BAGS (POOP BAGS)

S