



Packing list

Skiers:

- Alpine Touring skis. Waist width 105-115mm. (Contact us for more information)
- Alpine touring bindings
- Climbing skins pre-cut for your specific ski (Adhesive glue type)
- Ski poles (powder basket)

Snowboarders:

- Splitboard with climbing skins (Contact us if you don't have it)
- Extra board for on piste
- Extra binding screws and straps
- Collapsible trekking poles (powder basket)

Everyone:

- Digital avalanche transceiver, shovel and probe (If you prefer to use your own)
- 25-35 liter backpack (If you prefer to use your own)
- Boots (It is recommended to carry it on board if you can)
- Water bottle to fit in your backpack (We prefer BPA Free aluminum or stainless steel water bottles as hydration bladder style systems tend to freeze)
- Portable tool kit for loose binding parts
- Ski or board travel bag.

BASE LAYER

- Polypropylene or Merino wool long underwear and wool blend socks
- *Please bring extras as you will sweat a lot.

WARM LAYER

- Smartwool, PrimaLoft jacket or vest
- Down or synthetic puffy jacket

OUTER LAYER

- Warm hat (Beanie or Toque)
- Helmet (MIPS helmet recommended)
- Neck gaiter and face mask
- Wind/waterproof shell with hood (Goretex is recommended)

- Pants or bibs (Goretex is recommended)
- Cold weather gloves or mitts
- Sunglasses and ski goggles including a low light lens
- Sun block (35 SPF or higher) and lip balm

Personal first aid kit to include at least the following:

- Ibuprofen or similar for headaches, aches, etc
- Antacids
- Imodium
- Prescription medicine
- Personal items for women
- Ear plugs for light sleepers

Oh! Do not forget to bring...

- Airline tickets
- Passport/visa
- Credit card, ATM card, and credit card cancellation phone number
- Cash in YEN (There are many places especially in a secluded areas where you can not use credit card. It is recommended to bring decent amount of cash with you)
- Emergency contact number and e-mail address
- A passion for powder snow!