



CMH Heli-Assisted Ski Touring Packing List

- We recommend that you dress in layers while out skiing. Layering provides better protection against the cold than wearing one large, heavier layer.
- Please limit yourself to 1 suitcase weighing no more than 18 kilos (40 lbs) for a 7-day trip, plus 1 small carry on bag. Laundry facilities, plus detergent, are available at all lodges at no extra cost.

What do I need to bring?

For skiing/riding

- Ski touring boots
- Skins
- Ski touring skis or a split snowboard
- Ski poles (collapsible poles if possible)
- Ski crampons to fit your bindings
- Helmets are not mandatory for skiing with CMH. The best option is one that offers a low profile or $\frac{3}{4}$ coverage shell and removable ear cover. Helmets that fully cover the ear (e.g. race helmets) may be a safety hazard if they prevent you from hearing the guide's instructions
- Soft shell and or light waterproof breathable pants and jacket
- Insulated waterproof breathable jacket
- Light weight and medium weight base layers or long underwear
- Multi-layer – there are many new technical fabrics that are ideal for use in the mountains; they wick away moisture, dry quickly and keep you warm.
- Waterproof breathable ski gloves/mitts
- Light weight fleece gloves/mitts
- 3-4 pairs of warm socks
- Toque/wool hat
- Sun hat
- Sunglasses with dark lenses and good coverage
- Goggles
- Thermos
- Water bottle. Camelback style water systems are not recommended, they may freeze with colder temperatures and often leak
- Backpack (approximately 40L)
- Blister kit
- If you need any equipment please let your Reservations Agent know and we can assist you.
- CMH does not supply any snowboard equipment

For in the Lodge

- Light workout clothes for morning stretch class
- Bathing suit for the hot tub/sauna
- Indoor shoes or slippers
- Casual clothing
- Optional items:** alarm clock, camera, binoculars, spare ski / split snowboard parts

What CMH provides for each trip

- Avalanche rescue transceivers
- Shovel, probe and radio
- Soap, shampoo, hair dryer (at some areas upon request), towels, bathrobe, sun block

If you forget any clothing or lodge items our retail shop carries a variety of clothing, outdoor items and other necessities such as batteries, chapstick and ear protection for the helicopter.