



THE  
WORLD'S  
GREATEST  
SKIING



## CMH HELI-SKIING PACKING LIST

"A person should have wings to carry them where their dreams go, but sometimes a pair of skis makes a good substitute."

- Hans Gmoser

### PACKING TIPS

#### Clothing and Layering

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 one small carry on bag. Laundry facilities, including soap, are available at all lodges at no extra cost.

#### Please have the following for each day of Heli-Skiing:

- Avalanche Transceiver (provided)
- Guest Pack with probe/shovel (provided)
- Guest Radio (provided)
- Goggles
- Gloves/mitts
- Scarf/buff (neck warmer)
- Toque/wool hat

### WHAT CMH PROVIDES FOR EACH TRIP

- A selection of powder skis from Atomic and K2 (CMH K2 exclusive to K2)
- Custom Scott ski poles
- Avalanche rescue transceivers - training is mandatory at the start of every trip
- CMH Guest pack with radio, shovel/probe (mandatory)
- Snowboarders are recommended to bring their own board. CMH does have a limited number of Burton snowboards for guest use and they must be reserved in advance of your trip.
- Soap, shampoo, hair dryer, towels, bathrobes, sun block

### WHAT DO I NEED TO BRING?

You are welcome to bring your own ski gear.

- Ski or snowboard boots\*
- Snowboard (if required)
- Snow pants and warm coat/hard shell or one-piece suit
- Goggles
- Mitts/gloves, wool hat/toque
- Helmets are not mandatory for all CMH Heli-Skiing. They are mandatory for all Steep Shot, Steep Weeks and Free Ride trips. One that offers a low profile or 3/4 coverage shell and a removable ear cover are the way to go for Heli-Skiing, as the ear covers can be removed easily depending on the temperature. 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.
- Multi-layer clothing for skiing - there are many new technical fabrics that are ideal for use in the mountains; they wick away moisture, dry quickly and keep you warm. These can be purchased in the retail shop at each CMH lodge/area
- 3-4 pairs of comfortable, warm socks
- Light workout clothes for morning stretch class
- Bathing suit for hot tub/sauna
- Indoor shoes or slippers
- Casual clothing for in the lodge
- Optional items: alarm clock, camera, binoculars, collapsible poles (snowboarders), spare snowboard parts - as per Snowboard Gear form

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.

*\*It is your responsibility to ensure that you bring proper boots on your heli-skiing adventure. Your ski or alpine touring boots **must be compatible with DIN standard downhill bindings** (if unsure, we suggest you check with an Atomic/Salomon certified ski shop prior to your trip). It may be that you will be unable to ski should you bring non-compatible boots on your trip. CMH may refuse at its sole discretion to provide skis to a guest with inappropriate boots, and CMH shall have no obligation to indemnify the guest as a result.*