



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.*