



# Winter Packing List

Mandatory Safety & Ski Equipment	Personal First Aid & Mandatory Repair Kit	Ski/Lodge Gear & Miscellaneous
<ul style="list-style-type: none"> <li><input type="checkbox"/> Avalanche Transceiver –457 kHz</li> <li><input type="checkbox"/> Extra AA batteries for Avalanche Transceiver</li> <li><input type="checkbox"/> Avalanche Shovel</li> <li><input type="checkbox"/> Avalanche Probe</li>   <li><input type="checkbox"/> Skis</li> <li><input type="checkbox"/> Poles</li> <li><input type="checkbox"/> Boots</li> <li><input type="checkbox"/> Skins</li> <li><input type="checkbox"/> Day pack 30- 40 L</li> <li><input type="checkbox"/> Ski clothes</li> <li><input type="checkbox"/> Goggles</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> camera</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Medical tape</li> <li><input type="checkbox"/> Band-Aids</li> <li><input type="checkbox"/> Tensor</li> <li><input type="checkbox"/> Sunscreen/ lip balm</li> <li><input type="checkbox"/> Personal medications</li> <li><input type="checkbox"/> Anti-blister material</li> <li><input type="checkbox"/> Anti-inflammatories</li> <li><input type="checkbox"/> Contact lens kit</li> <li><input type="checkbox"/> Shampoo/soap</li>   <hr/> <li><input type="checkbox"/> Extra binding screws</li> <li><input type="checkbox"/> Spare bale or cable</li> <li><input type="checkbox"/> Spare basket</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Pocket knife</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Wire/ string</li> <li><input type="checkbox"/> Ski Wax</li> <li><input type="checkbox"/> Skin glue</li> <li><input type="checkbox"/> Alpine touring spare binding parts</li> </ul>	<p>Ski Clothing</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Long underwear &amp; undershirt (polypro)</li> <li><input type="checkbox"/> Ski pants (gortex/soft shell)</li> <li><input type="checkbox"/> Ski jacket (gortex/soft shell)</li> <li><input type="checkbox"/> Fleece pants and sweater</li> <li><input type="checkbox"/> Down coat – minimum down vest</li> <li><input type="checkbox"/> 2 pr. Ski socks</li> <li><input type="checkbox"/> Gaiters (optional)</li> <li><input type="checkbox"/> Warm hat &amp; baseball/sun visor cap</li> <li><input type="checkbox"/> Sunglasses and ski goggles</li> <li><input type="checkbox"/> 1 pr. Mitts or gloves with spare liners</li> <li><input type="checkbox"/> 1 L. water bottle/thermos</li> <li><input type="checkbox"/> Lodge slippers or lightweight shoes</li> </ul> <p>Lodge Clothing</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lightweight fleece shirt</li> <li><input type="checkbox"/> Lightweight casual pants</li> <li><input type="checkbox"/> Head Lamp</li> <li><input type="checkbox"/> Toiletries (ditty-bag)</li> <li><input type="checkbox"/> Good book</li> <li><input type="checkbox"/> Your favorite energy bars if you are particular ex. Power/Cliff/Luna Bars. (Please note – Sentry does provide a variety high energy snacks)</li> <li><input type="checkbox"/> Ear plugs for snoring noise protection</li> <li><input type="checkbox"/> Sentry Lodge Only: your favorite CDs or Ipod.</li> </ul>

**Important:**

On the fly-in day, please arrive at the meeting place dressed to ski. On the helicopter please wear your ski boots and ski clothing.

You are limited to 40lbs of personal gear and should have only 3 items to fly (not including alcohol):

- ⦿ Day-pack prepared for skiing
- ⦿ Medium-Sized Duffle (~ 75x38x38 cm) bag of personal gear
- ⦿ Skis & Poles (please do not have skis and poles strapped together). Strap together all group poles.

