

SPLITBOARD GUIDES INTERNATIONAL



SGI GEAR LIST

SGI will supply all the items listed below. You are welcome to use your own equipment or harnesses if you prefer, please check with us

Tents. We supply 2 and 3 person mountaineering tents

Main Meals (Dinner and Breakfast while in field)

Our meals are organic and delicious!

Vegetarian meals are easily accommodated

Stoves, Cooking Gear

Technical Gear, Ropes, Harnesses

All Summit Passes and Permits

Friendly Guides and AMGA Certified Instruction

All of our trips include review of mountaineering basics and skills necessary for the climb. Longer seminars have a thorough progression of alpine climbing techniques and splitboarding skills

*Personal Equipment and Clothing- must have all items for trips

Climbing Boots: Snowboard boots/Ski boots

Crampons: Mountaineering/Alpine climbing style

Climbing Helmet or ski helmet

Ice Axe 40-60cm

Expedition backpack: 40-70 Liter/day pack/overnight pack

Sleeping Bag: Mummy style synthetic or down, rated 15-20*

Sleeping Pad: Air or closed cell foam pad (sometimes both)

2 Locking Carabiners: possibly more trip/course dependant

*1 ice screw (trip dependant)

5 meters of 6mm cordelette/ personal rescue gear trip dependant

2-4 pair Hiking Socks: Wool or Synthetic lightweight

Underwear: Briefs & Bras must be synthetic material

Base Layer Bottom- thickness depends on temps

Base Layer Top- thickness depends on temps

Light or medium weight sweater: Fleece or wool

Water-resistant shell pants: Hard or soft shell
Water/Wind resistant shell parka
Down Jacket: Down or synthetic fill
Fleece or Wool hat: warm & covers ears, beanie
Brimmed Sun Hat: Cap or other sun protector
LightWeight Liner Gloves. Soft shell or fleece
Insulated Gloves: Waterproof ski gloves or mountaineering style
Goggles 1-2 pairs with various lenses
Water Bottles: 2-3 liter bottles
Eating Utensils: Cup, bowl, spoon
Headlamp with fresh batteries
Sunglasses: glacier type/full coverage dark lens/goggles ~ ***Important**
Sunscreen lip protection: 25 SPF minimum
Personal kit: towelettes, toothbrush, blister kit, pocket knife, band aids, medications, etc.)
1-2 large garbage sack (for trash or waste)
Snacks: Food for touring days (Variety of small portions of carbs, fats, proteins and sweets.)
Trekking/Ski Poles: Highly recommended investing in good pair (3 pieces)
Camp Shoes: Booties or light shoes/sandals in summer (trip dependent)
Camera: optional but well worth bringing
Splitboards/Skis/Skins/Bindings
***Repair Kit- essentials to fix your skis and bindings/gear!!!!**

WE LOOK FORWARD TO BEING IN THE MOUNTAINS WITH YOU- SGI GUIDES

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