



# NORTH CASCADES MOUNTAIN GUIDES

## EQUIPMENT LIST – **Japan Skiing**

### TRIPS COVERED BY THIS LIST:

- **Japan Skiing**

**A NOTE ABOUT EQUIPMENT LISTS:** Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment’s appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight.

### CLOTHING

#### Head, Hands & Feet

- Warm Hat
- Sun Hat
- Buff
- Lightweight Gloves (for uphill; softshell)
- Midweight Gloves
- Heavyweight Gloves (for downhill; waterproof and breathable)
- Ski Socks (2-3 pairs)

#### Upper Body Layers

- Lightweight or Midweight Baselayer Top
- Lightweight Fleece or Puffy jacket
- Softshell Jacket with Hood
- Puffy Jacket with Hood
- Hardshell Jacket w/ Hood (for storm days)

#### Lower Body Layers

- Lightweight or Midweight Baselayer Bottom
- Softshell Pants
- Hardshell Pants (for storm days)

### ACCESSORIES

- Backpack (35-45 Liters, designed for skiing)
- Sunglasses
- Goggles

### ACCESSORIES *continued...*

- Sunscreen and spf lip balm
- Water & Food (we strongly recommend **not** using drink hoses during winter trips)
- Thermos
- Headlamp
- Blister Kit
- optional: Ski Helmet

### SKI / RIDE

- Skis or Split Board
- Climbing Skins (sized and cut for your skis or board)
- Ski or Snowboard Boots
- Ski Poles (collapsible for split boarders)
- Ski Strap
- Repair kit (critical for telemark or split board set ups)

### AVALANCHE SAFETY (these may be rented from NCMG)

- Transceiver (3 antenna, less than 5 years old)
- Shovel (metal blade required)
- Probe (240cm or longer)

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## LODGES

- Toiletries / Prescriptions
- Ear Plugs
- “Street” Clothes to wear in the evenings

## TRAVEL

- Medium Duffel (we have very limited space in our Japanese rental vans – please pack light!)*
- Ski Bag*
- Passport*
- Credit Cards, Debit Cards, Cash (Japan is a very cash-based economy and most rural places don’t accept credit or debit cards)*
- Travel Clothing*