

BSTS PACK GEAR

Day 1- Frisco/Breckenridge Nordic Center

Balaclava
Coat - Gortex, or similar
Facemask
Fleece Layers X2
Gloves, Heavy And Light
Hand And Toe Warmer Packets
Long Underwear Under Ski Pants
Lunch & Snacks (Nordic Center Has Some Snacks And Drinks)
Neck Gaiter
Ski Hat
Small Water Bottle (~500 MI)
Sunglasses
Sunscreen
Wind Pants

Small Day Pack or fanny pack: Most of the above items can be left in the cars. If the weather changes during the day we can easily retrieve or return extra items.

Day 2 - Downhill Day

This depends on the location your instructor chooses. The gear list may be similar to Day1 or Day 3.

Day 3 Backcountry skiing

(Skiing when returning to the cars is not an option during the day. Ask your instructor about specifics.)

List 1, Shorter Distances

Balaclava
Coat - Gortex, Or Similar
Day Pack 30-40 Liter Size
Duct Tape
Extra Emergency Food

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Face Mask
Fleece Layers X2
Foam Pad Insulation, Small, For Emergencies, Eating Lunch
Hand And Toe Warmer Packets
Long Underwear Under Ski Pants
Lunch
Matches, Lighters
Medications, Personal
Mitten/Glove Liner
Mittens/Gloves, Heavy And Light
Ski Hat
Ski Waxes If Required
Sunglasses
Sunscreen
Toilet Paper With Plastic Bags For Used Tp
Water/drinks, 1.5-2.0 liters in widemouth Nalgene bottles
(not in Camelbacks), Thermos
Wind Pants

*List 2, Personal Longer Distances After BSTS**

- All items in List 1
Additional Food
Avalanche Gear (Transceivers, Probes, etc.)
Emergency Bivy Bag
Emergency Locator Beacon (SPOT, DeLorme inReach, etc.)
Extra Fleece Layer(s)
Headlamp
Navigation - Map & Compass, GPS
Notepad & Pencil
Parachute Cord (Binding Repairs)
Repair Kit, Knife
Shovel
Space Blanket
Spare Gloves, Socks
Stove & Pot
Trash Bags, Large (For Emergencies)

*Many of these items require experience in usage.