

Winter Gear List

Please bring a lunch for arrival day. All meals are included from dinner on arrival day and ending with lunch on departure day.

Skiing:

- Alpine-touring, light-touring or telemark skis (one pair of skis per person). You could bring a split snowboard if you prefer this over touring skis. If you bring a second pair of skis with you, there will be a helicopter surcharge fee of \$25 each way.
- *If you need rental gear, try "Gear Up Mountain Sport and Rentals" in Canmore. They offer a 10% discount on rentals to Assiniboine Lodge guests.
www.gearupsport.com
- Please bring your own tranceivers, probes and shovels.
- Your own climbing skins
- Daypack large enough to fit your snow gear and snacks for the day
- Ski boots
- Ski poles
- Ski wax (We like Swix Blue, Special Blue and Purple/Violet.)
- Down / warm winter ski jacket
- Wind and snow resistant ski pants
- Wind and snow resistant jacket
- Wool sweater or fleece jacket
- Long underwear shirt and pants
- Long sleeve shirt
- Short-sleeved shirt
- 3 pairs of skiing socks
- Wool or fleece hat
- Sun hat
- Scarf or neck tube
- Mitts or ski gloves
- Sunglasses with UV protection
- Goggles (optional)
- Sun block lotion & lip protector
- Thermos and/or water bottle
- Camera (charge batteries at home)

Lodge life:

- Mountain casual clothing for meals
- Personal toiletries (including any prescription medications)
- Flashlight/headlamp with extra batteries
- Bathing suit for sauna (optional)
- Inside shoes (runners)
- Outside snow boots
- Bring your own bread and baking (cookies, granola bars, etc.) if your diet restrictions/allergens are commonly found in these items
- If you are bringing a CPAP machine, please make sure it is battery operated

Additional items if you are skiing in or out:

- Climbing skins
- First aid kit and matches
- Spare binding parts and tools
- Map and trail guide book
- Avalanche transceiver, shovel and probe.