

Southwest Gulch Backcountry Ski Trip

PACKING LIST

Personal Clothing & Items

Active-Day Stuff

- Underwear + bra
- Base Layers: Long underwear top and bottom (quick drying, warm when wet)
- Extra warm mid-layers - sweater, vest or small jacket (synthetic, wool or down) and pants (if desired)
- Shell layer - jacket and pants (water/wind proof, breathable, Goretex or equivalent)
- Sock liners and ski socks (wool or synthetic equivalent)
- Warm hat (fleece or wool)
- Balaclava/ Buff
- Water/wind proof and breathable ski/ snowboard mitts
- Fleece or wool liner gloves or mitts
- Goggles and/or sunglasses
- Helmet
- Sun protection (sunscreen, lip balm)

Cabin-Night Stuff

- Mid/light weight long underwear top and bottom or comfy top/bottoms for pyjamas
- Socks
- Slippers
- Sweater
- Warm sleeping bag, pillow, liner
- Small towel & toiletries

Gear

Equipment

- Snowboard with snowshoes or split board/backcountry skis with skins
- Snowboard or ski boots
- Poles
- Backpack (for day outings)
- Water bottle or bladder

Safety Equipment

- First aid kit

- Survival gear: tarp/bothy bag/reflective blankets, fire starter, pocket knife/multitool etc.
- Headlamp with spare batteries
- Navigation gear: ap, compass, GPS
- Shovel, probe and beacon (avalanche transceiver)
- Repair kit (pliers, screwdriver, ski tip, duct tape, wire etc.)
- Snowpit analysis kit

Other Items

- Food x # days x # meals x # people (high calorie) + snacks (bars, gels, chews, trail mix) and energy beverages or drink mixes
- Vacuum bottle/Thermos (for hot drinks)
- Insulated sitting pad
- Handwarmer/footwarmer packets
- Camera
- Binoculars
- Park passes
- Two-way radios
- Personal locator beacon/satellite messenger (SPOT/ InReach)
- Cell phone
- Credit card/cash/photo ID
- Notebook and pen or pencil
- Music player with headphones
- Cabin activities/games (deck of cards, books etc.)
- Trip itinerary left with friend + under car seat
- Toilet paper and Hand sanitizer

This suggested list is derived from [Gros Morne National Park's website](#) and [REI's Backcountry Skiing Checklist](#).