



# IWLS

International Wilderness Leadership School



## Utah Ski & Snowboard Mountaineering Course Equipment List

The weather in Utah can be volatile. Clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will work together to provide appropriate insulation in the most demanding conditions. Because it can snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronia, fleece, and pile are best, wool will also work. Cotton is unacceptable. It is a good idea to test out your gear before you arrive in Salt Lake City.

If you own any of the following “provided” personal gear, we encourage you to bring it to your course. This will allow you to become proficient with the gear you will continue to use post course.

### Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable, except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea, because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. That being said, your mid-weight base layers should be darker so that they do absorb the sun's warmth. <a href="#">Sierra Designs</a> makes good lightweight, wicking base layers	-
Tee Shirt	1		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Heavy Weight Top	1		Could be a heavy fleece or a windproof synthetic jacket, either way it should be synthetic and fit over most of your layers.	-
Synthetic Down Parka	1		A burly synthetic parka will be your best friend on those cold wet nights or windy summit mornings. It should easily fit over all layers. A down jacket with a water proof finish is acceptable, but if it gets wet you won't be happy... or warm. Most of our guides use the <a href="#">Sierra Designs</a> Lava jacket. However if you plan on using this coat in arid areas of extreme cold (e.g. high altitude) a down jacket or parka may be more appropriate. Please don't hesitate to call us before making any major purchases.	YES
Outer Wear	1		A jacket made of waterproof / breathable material such as Gore-Tex	-



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School

is vital for keeping you warm and dry. It needs to fit over all layers.  
Consider the [Sierra Designs](#) Mantra Fusion jacket.

## Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottom layer made of synthetic material that can be worn together to increase warmth.	-
Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear. We recommend the <a href="#">Patagonia</a> Micro-puff pants.	-
Shorts	1		These are optional, but are nice to wear at lower elevations. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear.	-
Outer Wear	1		Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips. Consider the <a href="#">Sierra Designs</a> Fusion pant.	-

## Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like frostbite and trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm Hat	2		Should be made of synthetic material or wool, cotton is unacceptable. Should layer underneath a climbing helmet.	-
Sun Hat	1		The sun can be very bright especially with reflection, the more protection your cap offers from the sun the better.	-
Balaclava or Neoprene Face Mask	1		Used to protect the face from wind/snow, and can be a real life-saver under stormy conditions.	-
Goggles	1		Double lens models with vents work best.	-
Sunglasses	2		Dark lenses with good side protection are a must. The sun can be very bright (especially with reflection off of the water/snow/ice) and can cause permanent eye damage. Most of our guides wear <a href="#">Costa</a> <a href="#">Del Mar</a> sunglasses	-
Light Weight Gloves	1		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model available.	-



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School



Heavy Weight Gloves/Mitts	1		Removable shell is a must. These should be warm, water-proof and breathable, with removable liners for easy drying.	-
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Ski/Snowboard Boots	1		Most of our time will be spent in these boots over the course of the trip. Make sure they are comfortable. For ski gear, we recommend a vibram sole boot with a randonee or telemark binding set-up.	-
Gaiters	1		These should fit over your ski boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant.	-

## Technical Hardware

For technical gear we recommend [Black Diamond](#). We run their equipment on every mountain trip we operate, and find it to be among the best in the industry. For tents and sleeping bags we recommend [Sierra Designs](#).

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Skis / Snowboard	1		We recommend mid-fat to fat width skis (80mm – 110mm underfoot), and strongly recommend split-boards for snow boarders. Please don't hesitate to call us with any questions.	-
Bindings	1		An alpine touring binding or telemark binding without uphill-resistance and climbing wires is strongly recommended.	-
Climbing Skins	1		These should fit properly to your skis/board.	-
Avalanche Transceiver	1		Transceivers must use the 457 kHz frequency. Equipment rental is available	YES
Avalanche Shovel	1		A sturdy metal blade shovel is used for everything from digging snow study pits, campsite construction, and avalanche rescue.	Provided
Avalanche Probe	1		A retractable avalanche probe is used in avalanche rescue.	Provided
Backpack	1		Should have a capacity of at least 5,000 cubic inches (or 80 Liters), and should be comfortable with 60 lbs. of weight. Ski attachment is a good quality as well. Please don't hesitate to call us before making any major purchases.	YES
Ski poles	1		Lightweight and adjustable length work best.	YES
Lightweight Harness	1		Should fit over all layers and be comfortable when wearing a pack. Adjustable leg loops are best.	Provided
Crampons	1		Light weight, sturdy, and easily adjustable are best. The <a href="#">Black Diamond</a> Sabretooth works well.	Provided
Locking Carabineers	2		Large aluminum locking carabineers (such as the <a href="#">Black Diamond</a> Rocklock) are used on your harness for technical climbing.	Provided
Non-locking Carabiners	4		Oval or lightweight wiregate carabiners used for technical climbing systems.	Provided
6mm Cord	20 ft.		6mm accessory cord used for tying prussics.	Provided
Ice Axe	1		Should be lightweight.	Provided
Helmet	1		Should be light weight and rated for rock climbing/ mountaineering.	Provided
Large Duffel	1		Used for transporting gear in planes and vehicles on route to trip	-



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School

locale. 'Cordura' or other heavy duty nylon duffel bags are burly and handle large loads with ease. 6000 cubic inches (100 liters) or larger are best.

## Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulative properties when they get wet.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		We recommend a synthetic fill bag with a comfort rating of 0 degrees Fahrenheit. However, on bigger mountains and in early season a down bag is more appropriate. <a href="#">Sierra Designs</a> bags work well. Please don't hesitate to call us before making any major purchases.	YES
Sleeping pads	2		A system of one compact inflatable pad ( <a href="#">Thermarests</a> work well) and one closed cell foam pad works best to insulate when sleeping on snow.	YES

## Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Eating Utensils	-		Bowl & Spoon (Lexan or titanium work well), as well as a 14oz mug with a lid for hot drinks.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.	-
Toilet Paper	1		Bring your own in a Ziploc bag.	-
Iodine	1		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable Agua' works well also.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Erithromycin is REQUIRED. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't hesitate to call us.	-
Blister Kit	1		This should include mole skin/foam and cloth athletic tape for personal use.	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-
Bandana or ' <a href="#">Buff</a> '	1		Used for extra sun-protection. Your tee-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack.	-
Garbage & Ziploc bags	variety		To keep your gear dry inside of your pack. (e.g. line your stuff sack with a garbage bag before you stuff your sleeping bag in there)	-

## Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Summit Pack	-		Used on day excursions, should be between 35L - 55L (many people	-



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School



			use their big pack for this purpose).	
Hand Warmers	4		A good thing to keep in your pack for those brisk alpine starts.	-
Sleeping Bag Liner	1		For increased warmth.	-
Ascender or Tibloc			<a href="#">Black Diamond</a> ascenders or <a href="#">Petzl</a> tiblocs are great for ascending/descending fixed lines and crevasse rescue.	-
Locking Carabiners	2		Small, lightweight pear-shaped carabiners used for rescue practice and building anchors.	-
Belay Device	1		A standard belay plate can be used for technical climbing and rappelling.	
Pulleys	2		Climbing pulleys are used to reduce friction on the rope during rescue practice.	
6mm Cord	20 ft.		Additional accessory cord can be used to build anchors.	
Pee Bottle	1		1-liter wide-mouth Lexan with a SECURE LID. Nice to have when there is really inclement weather outside.	-
Camp Booties	1 pair		A good pair of synthetic fill camp booties will keep your feet warm and dry after big days in winter environments. <a href="#">Sierra Designs</a> makes a great goose-down version with a rubberized bottom.	-
Energy/Candy Bars	0-20		Bring bars that taste good!	-
Moist Towelettes	0-20		This will be as close to a shower as you will get, we recommend one wipe per day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Journal	1		'Rite in the Rain' or similar water resistant paper works best.	-
Camera	2-4		A digital camera, one with a view finder allows you to take photos when it is too bright to see the screen and helps save batteries. Bring an extra memory card.	-

## Additional Information



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School



**Black Diamond**



*COSTA DEL MAR*



**VASQUE**



**MAMMUT**

Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.

