



Joe Stock ♦ Stock Alpine LLC

+1-907-830-0125 ♦ stockalpine@gmail.com

[www.stockalpine.com](http://www.stockalpine.com) ♦ [www.alaskaguidecollective.com](http://www.alaskaguidecollective.com)

## Backcountry and Ski Mountaineering Gear List

All required except where noted. Please print the relevant sections to use as a checklist. Inquire with Joe about any questions.

### Anchorage Rentals

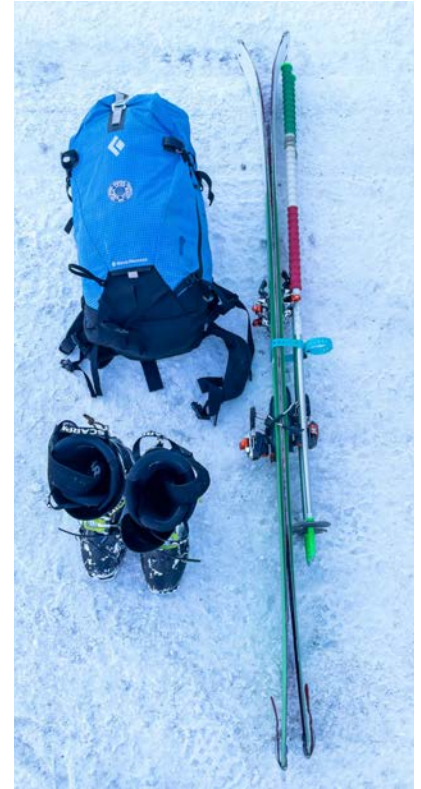
- **AMH.** AT skis, skins, boots.
- **Blue and Gold.** Splitboards.
- **Hoarding Marmot.** AT skis, boots, skins, avalanche gear.
- **REI Anchorage.** AT skis, boots, skins, avalanche gear.

### Provided by Stock Alpine

- Emergency shelter and communication
- Navigation, first aid, and repair kits
- Two-way radios
- Camping tents and cook gear
- Glacier ropes
- Some gear is available for loan

**Pack your gear** the night before so you're less likely to forget things. Remember three things for day trips:

- 1) Pack
- 2) Boots
- 3) Skis with skins on, strapped together with your poles.



### 1) Ski Gear: for all trips

\_\_\_\_ **Skis.** Opt for Lightweight alpine touring (AT) skis with 100-110mm underfoot for Nov-March tours, and 90-100mm underfoot for April-July tours. Joe's choice: Atomic Backland 107.

\_\_\_\_ **Bindings.** AT tech-style bindings preferred. Heavy, sidecountry, frame bindings are not recommended as they will limit your runs no matter how strong you are. Joe's choice: ATK or Dynafit.

or

\_\_\_\_ **Splitboard and Bindings.** Joe's choice: Spark bindings for backcountry use or Phantom for splitboard mountaineering with hard boots.

\_\_\_\_ **Binding Repair Kit.** Recommended. Repair parts are scarce away from Anchorage and Girdwood.



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- \_\_\_ **Brakes.** Or you must have leashes.
- \_\_\_ **Leashes.** Required for April-June tours because brakes are not reliable on firm slopes. Use a key ring on your boot to make the leash releasable.
- \_\_\_ **Boots.** Required. Tech-compatible AT boots. Joe's choice: Scarpa Maestrale RS or Gea RS, Technica Zero G. Hard boots recommended for splitboard mountaineering.
- \_\_\_ **Skins.** Required. Cut to fit the ski base with metal edges showing. Tail clip required. Joe's choice: G3 Alpinist skins, Pomoca.
- \_\_\_ **Poles.** Required. Joe's choice: Les Batons d'Alain, BD Whippet for spring.
- \_\_\_ **Beacon.** Required. Must be less than 10 years old and modern with three antennas. Joe's choice: Mammut Barryvox (not Barryvox S) or BCA Tracker 4.
- \_\_\_ **Shovel.** Required. Metal only. Joe's choice: Voile Hoback DM (Mini), BCA RS EXT Avalanche Shovel, BD Transfer LT.
- \_\_\_ **Probe.** Required. 300 cm or longer. Joe's choice: BD Quick Draw Probe.
- \_\_\_ **Ski Strap.** Required. No Velcro. Store wrapped around a ski pole. Joe's choice: BD Ski Strap, Voile Strap.
- \_\_\_ **Ski Crampons.** Required for April-June tours. Otherwise not required.
- \_\_\_ **Helmet.** Optional but recommended. Required for ski mountaineering and May-June tours. Climbing helmets have better ventilation for ski mountaineering. Joe's choice: Dynafit TLT Helmet, Petzl Meteor or BD Vision Helmet MIPS.

## 2) Top Layers: for all trips

- \_\_\_ **Hardshell Jacket.** To stop wind, snow and rain. Since this is a shell, and not an insulating layer, opt for the lightest option. Joe's choice: Patagonia Super Cell Jacket, BD Liquid Point.
- \_\_\_ **Insulated Jacket.** With a hood. Joe's choice: BD Stance Belay Parka, Patagonia DAS Parka.
- \_\_\_ **Softshell Jacket.** Or windshirt. Joe's choice: Patagonia Houdini or BD Alpine Start Hoody.
- \_\_\_ **Expedition Weight Top.** Joe's choice: BD Factor Hoody.
- \_\_\_ **Long Underwear Top.** Joe's choice: Patagonia Capilene Midweight Crew, BD Alpenglowl Hoodie for spring conditions.



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### 3) Bottom Layers: for all trips

- \_\_\_ **Hardshell Pants.** Hardshell leg wear is more versatile than softshell. Hardshell Joe's choice: BD Recon Stretch Bibs, Patagonia Powder Bowl Pant.
- \_\_\_ **Long Underwear Bottom.** Joe's choice: Patagonia Capilene Midweight Bottoms.
- \_\_\_ **Softshell Pants.** Optional. Nice for lower elevation spring tours. Bring in conjunction with long underwear and hardshell pants. Joe's Softshell choice: Patagonia Ski Guide Pant.
- \_\_\_ **Belt.** Or suspenders. Joe's choice: Patagonia Friction Belt.
- \_\_\_ **Warm Socks.** Wool or synthetic.

### 4) Head and Hand Wear: for all trips

- \_\_\_ **Light Gloves.** For warm temps and hand protection. With wrist gussets. These will be your main gloves. Joe's choice: BD Dirt Bag Gloves.
- \_\_\_ **Heavy Gloves.** With wrist gussets. Joe's choice: BD Pursuit Gloves, Hestra Gloves.
- \_\_\_ **Mittens.** For cold temps. Joe's choice: BD Stance Mitts.
- \_\_\_ **Warm Hat.** Must cover ears.
- \_\_\_ **Face Cover.** To protect face from wind, cold, and sun. Joe's choice: Original Buff.
- \_\_\_ **Goggles.** Opt for bright, yellow or rose lenses to increase depth perception in flat light. Joe's choice: Julbo Universe Goggles with Zebra Light lenses.
- \_\_\_ **Sunglasses.** Joe's choice: Julbo Renegade 1-3. For May or later bring category 3-4, which has 3-18% light transmission. Joe's choice for May or later: Julbo Montebianco.
- \_\_\_ **Sun Hat.** Not necessary in mid-winter. Joe's choice: trucker hat.



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### 5) Personal Gear: for all trips

\_\_\_\_\_ **Backpack.** Keep it simple and light. A backpack is a sack for putting things inside.

- Day tours and base camps: 30-45 liters, under 3lbs. Joe's choice: BD Cirque 35, Patagonia Descensionist 40L.
- Ski mountaineering: 45 liters. Joe's choice: BD Cirque 45
- Camp to camp: 50-70 liters, ~4lbs. Joe's choice: Hyperlite Porter 4400, BD Speed 50.

\_\_\_\_\_ **Trail Food.** You provide your own lunches and snacks, **except for Ski Base Camps**. Aim for high fat, high calorie food, which provides the most calories for the weight. Bring about 2,000 calories per day in trail food. In the backcountry, lunch starts after breakfast and continues until dinner. Joe's choice: sandwiches with cheese and meat, gorp and Shot Blocks.

\_\_\_\_\_ **Headlamp.** Small and light, with batteries that match your beacon. Bring extra batteries. Joe's choice: Petzl Bindi or Tikka Headlamp.

\_\_\_\_\_ **Personal Medical Items.** Ibuprofen, Band-Aids, personal meds, etc. The guide will have an extensive first-aid kit, so leave anything extra behind. Please indicate medical issues on the application and let your guide know about any medical issues before the trip.

\_\_\_\_\_ **Sunscreen.** SPF 30 or better, one small 1 oz tube. Discard after one year. Joe's choice: sample size from the supermarket.

\_\_\_\_\_ **Lipscreen.** SPF 30 or better. Joe's choice: Dermatone Z-cote Lips n Face.

\_\_\_\_\_ **Water Bottles.** One or two, one-liter wide-mouth bottles. **No hydration systems** as they freeze, explode and leak. A thermos is optional for midwinter trips. Joe's choice: Nalgene 32 oz Wide Mouth Water Bottle, Zojirushi 20oz Stainless Mug.

\_\_\_\_\_ **Toilet Paper.** In a zip-loc with a lighter and small hand sanitizer.



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### 6) Ski Mountaineering Gear: eg. Valdez and Denali Ski Base Camp

\_\_\_ **Ice Axe.** Required. Light and short mountaineering axe. Short (45-55 cm) is best because it will be on your pack most of the time. No leash. Joe's choice: Petzl Ride.

\_\_\_ **Crampons.** Required. Aluminum, ultra-light crampons without anti-ball plates are best for ski mountaineering. A crampon bag is useful for travel, but most are too heavy for the backcountry. Joe's choice: BD Neve Pro.

\_\_\_ **Harness.** Required. Lightweight with belay loop and gear loops. Joe's choice: Petzl Altitude or Tour Harness, BD Couloir not recommended.

\_\_\_ **2 Prusik Loops.\*** Required. 150 cm (5-foot) lengths of 5 mm accessory cord tied into a loop with a flemish bend.

\_\_\_ **Cordelette.\*** Required. 6 m (20 feet) length of 5 mm accessory cord tied into a loop with a flemish bend. For anchors and rescue.

\* If you don't have prusiks or cordelette, then bring 10 m (33 feet) of 5 mm accessory cord and we'll cut it to length. Get soft and supple cord. Sterling is best. Blue Water is worst. Mammot and Petzl are okay.

\_\_\_ **4 Locking Carabiners.** Required. Munter (pear-shaped) biner for belaying and rappelling. Joe's choice: BD Vaporlock.

\_\_\_ **4 Non-Locking Carabiners.** Required. Joe's choice: BD Oz Carabiner.

\_\_\_ **Pulley-Progress Capture.** Optional. Joe's choice: Petzl Nano Traxion or Edelrid Spoc.

\_\_\_ **Belay Device.** Recommended. For belay, rappel and crevasse rescue progress capture. Joe's choice: BD ATC Alpine Guide.

\_\_\_ **Ice Screw.** Recommended. Bring with tip cover and mesh coating. Joe's choice: Petzl 21 cm Laser Speed Ice Screw or BD 19 cm Ultralight Ice Screw.

\_\_\_ **1 Self Arrest Ski Pole.** Recommended for spring trips as a handhold for climbing. Joe's choice: BD Whippet Ski Pole.



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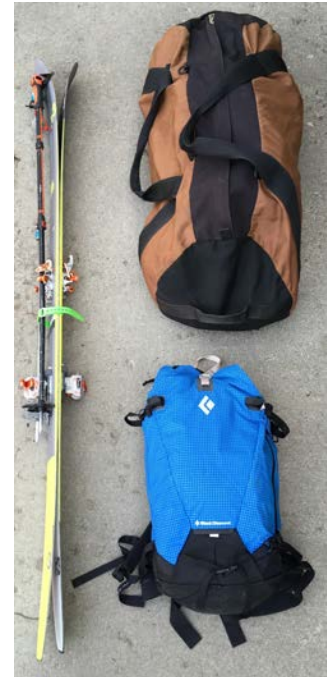
### 7) Fly-In Ski Base Camp Gear: including Denali Ski Base Camp

#### Group gear provided by Stock Alpine LLC

- Backcountry food
- Base camp tent for cooking and sleeping, personal tents also available
- Latrine. In Denali we'll use Clean Mountain Cans.
- Group cooking gear
- First aid, repair and navigation kits
- Rescue sled and shelter
- Solar panels for charging batteries
- Emergency communication (satellite phone and inReach)
- Glacier ropes
- Two-way radios
- Camp chairs
- Some personal gear is available for loan

#### Pack your gear to fly in

- You can leave a bag in the car with your extra stuff. Bring your valuables into the backcountry with you.
- Base camp duffel loaded with your camping stuff and sharps.
- Have your ski pack loaded and ready to ski.
- Skis with skins on, ski strapped together with poles.



\_\_\_ **Travel Duffel.** Required. Huge plastic coated duffel that you will bring into base camp. Joe's choice: North Face Base Camp Duffel XL, Patagonia Black Hole Duffel 120L.

\_\_\_ **Sleeping Bag.** Required. With a compression stuff sack. For temperatures inside the tent, have it good to -0°F for Nov-April trips. Otherwise 20°F will probably be the lowest.

\_\_\_ **Foam Pad.** Required. To combine with your air mattress for extra insulation. Joe's choice: Thermarest Z-rest.

\_\_\_ **Air Mattress.** Required. Must be R5 or greater. Joe's choice: Exped Downmat or Nemo.

\_\_\_ **Camp Boots.** Required. Knee high and waterproof. No low-top shoes. Joe's choice: Muck Arctic Boot, Neos, Lemigo Lightweight EVA Thermo Rubber Wellington Boots Grenlander 862.

\_\_\_ **Pee Bottle.** Required. Storms can limit outside latrine use. 1 liter or larger. Collapsible recommended. Joe's choice: HydraPak Seeker 2 Liter Seeking Collapsible Water Container.



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- \_\_\_ **Pee Funnel.** Required for women. Storms can limit outside latrine use. Joe's wife's choice: pStyle.
- \_\_\_ **Toiletry bag.** Toothbrush, toothpaste, Wet Wipes, foot powder like Goldbond for warming feet. No need for soap, shampoo, or cosmetics on non-fly in trips.
- \_\_\_ **Camp Entertainment.** Required. Music, books, podcasts, Kindle, etc.
- \_\_\_ **Spoon.** Required. Durable plastic. Knife and fork not needed.
- \_\_\_ **Bowl.** Required. One-liter capacity. Joe's choice: GSI Fairshare Mug II.
- \_\_\_ **Mug.** Required. 500ml (16oz) minimum. Insulated with a lid.
- \_\_\_ **Pint Bottle.** Required. To fill with hot water for drying boots. Joe's choice: Nalgene 16 Ounce Wide Mouth.
- \_\_\_ **Clean Base Layers.** Recommended. Extra-long underwear and socks.
- \_\_\_ **Booties.** Recommended. Nice for sleeping and hanging out in the tent.
- \_\_\_ **Puff Pants.** Recommended. For around base camp. Joe's choice: BD Stance Belay Insulated Pants.
- \_\_\_ **Battery.** Recommended. For recharging devices. Joe will bring a solar charger.





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### 8) Camp-to-Camp Gear

#### Supplied by Stock Alpine LLC

- Emergency shelter and sat comms
- Navigation, first aid and repair kits
- Rocky Talkie radios
- Glacier ropes
- Tents, stoves and cook gear
- Some gear is available for loan

**Note:** Ski camping means we move camp each day. We will carry all of our gear, probably ascending and making runs with a full backpack. Every ounce counts. Avoid unnecessary items such as changes of clothing, cups, alcohol, excess electronics, heavy backpacks or SLR cameras. If you find yourself saying, "It just weighs a few ounces," then you'll have a massive pack full of stuff that just weighs a few ounces.

\_\_\_ **Pack.** 50-70 liters, less than 4lbs. Joe's choice: Hyperlite Porter 4400, BD Speed 50.

\_\_\_ **Sleeping Bag.** Required. With a compression stuff sack. Down is lightest and most compressible, but assure it's responsibly sourced. Nov-April temperatures may be down to -20°F at night, but warmer inside the tent. Otherwise 15°F will probably be the lowest.

\_\_\_ **Air Mattress.** Required. Must be insulated for an R-value of 4 or higher. To reduce weight, sleep with your feet on your empty backpack and use a short (4-foot length) pad for your hips, shoulders and head. Full-length pads are nice for base-camp and expedition-style trips. Joe's choice: 3/4 length Thermarest NeoAir XTherm.

\_\_\_ **Extra Socks.** Required.

\_\_\_ **Pee Bottle.** Recommended. Joe's choice: 1 liter (34oz) or larger. Collapsible recommended. Joe's choice: HydraPak Seeker 2L Seeking Collapsible Water Container.

\_\_\_ **Pee Funnel.** Required for women. Joe's wife's choice: pStyle.

\_\_\_ **Toiletry bag.** Toothbrush, toothpaste, Wet Wipes, etc. Do not bring soap, shampoo, deodorant, or cosmetics.

\_\_\_ **Lighter.** Required. One Bic lighter.

\_\_\_ **Camp Entertainment.** Required. Book, podcasts, etc.

\_\_\_ **Food.** Required. Instant (no cooking). Four calories per gram minimum. 2 pounds per day. See details on trip proposal.

\_\_\_ **Spoon.** Required. Knife and fork not needed. Joe's choice: Long titanium for freeze dries.

\_\_\_ **Skin Wax.** Required. Joe's choice: BD Glop Stopper.

\_\_\_ **Scraper.** Required. Keep in your pocket. Your inclinometer or compass also works.





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### 9) Ski Guide Training Gear

- \_\_\_ **Snow Saw.** Joe's choice: G3 Bone Saw.
- \_\_\_ **ECT Cord.** 3 m of 2 mm accessory cord with overhand knots tied every 20 cm.
- \_\_\_ **Paper Map.**
- \_\_\_ **GAIA GPS App.** Get Premium Membership for \$40 a year. This is cheap for worldwide maps, layering, and simultaneous download. Other map apps are okay as long as they can be used offline and have slope angle shading. Download the USGS Topo Base Map and Slope Angle Avalanche layers for Turnagain Pass and Hatcher Pass.
- \_\_\_ **Repair Kit.**
- \_\_\_ **Thermometer.**
- \_\_\_ **Ski Guide Rope.** 60 m. Joe's choice: Petzl Rad for glacier, skinny single for rock.
- \_\_\_ **Guide Tarp.** Attach tie-down strings to sides and corners. Joe's choice: Alpine Threadworks.
- \_\_\_ **Rescue Sled.** Joe's choice: Alpine Threadworks.

### 10) Avalanche Course Gear

- \_\_\_ **Text.** *The Avalanche Factor* (Rec 1 and 2), *Avalanche Essentials* (Rec 1) or *Staying Alive in Avalanche Terrain* (Rec 2).
- \_\_\_ **Snow Saw.** Joe's choice: G3 Bone Saw.
- \_\_\_ **ECT Cord.** For cutting extended column tests. 3 m of 2 mm accessory cord with overhand knots tied every 20 cm.
- \_\_\_ **Inclinometer.** Any type will work including phone inclinometers. Joe's choice: compass with inclinometer and adjustable declination.
- \_\_\_ **GAIA GPS App.** Get Premium Membership for \$40 a year. This is cheap for worldwide maps, layering, and simultaneous download. Other map apps are okay as long as they can be used offline and have slope angle shading. Download the USGS Topo Base Map and Slope Angle Avalanche layers for Turnagain Pass and Hatcher Pass.
- \_\_\_ **Theodolite App.** For location information.