



Joe Stock – Stock Alpine LLC

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Backcountry and Ski Mountaineering Gear List

Please print the relevant sections to use as a physical checklist. Inquire with Joe about any questions.

Rentals

- Outdoor Gear: www.alaskaoutdoorgearrental.com
- Ski Gear: www.alaskamountaineering.com/rentals/
- Split Boards: <http://blueandgoldak.com>

Provided

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

1) Ski Gear: for all trips

___ **Skis and Bindings.** Lightweight alpine touring (AT) gear is best for backcountry and ski mountaineering. AT gear includes tech-bindings with wide and light skis, and light but stiff boots. This low-weight gear allows maximum backcountry runs. *Sidecountry gear* uses heavier alpine skis with heavy sidecountry bindings such as Marker. Sidecountry gear works great on the downhill, but the weight will limit your backcountry runs, no matter how strong you are. AT tech-style bindings preferred. Joe's choice: G3 Synapse skis, G3 Zed binding.

or

___ **Splitboard and Bindings.** AGC choice: G3 Blacksheep Splitboard, 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.

___ **Brakes or Leashes.** Required. Leashes are recommended for spring tours as brakes are not reliable on icy slopes.

___ **Boots.** Required. Tech-compatible AT boots. Joe's choice: Scarpa Maestrale RS, Scarpa Gea RS. Hard boots highly recommended for splitboard mountaineering.

___ **Skins.** Required. Cut to fit ski base with metal edges showing. Tail clip required. Joe's choice: G3 Alpinist skins.

___ **Poles.** Required. Light and adjustable. Joe's choice: G3 Via Carbon Pole.

___ **Beacon.** Required. **Must have three-antennas.** Joe's choice: Mammut Barryvox.

___ **Shovel.** Required. Metal only. Joe's choice: G3 Avitech or BCA RS EXT Avalanche Shovel.

___ **Probe.** Required. 240cm or longer. Joe's choice: BD Quick Draw Tour Probe 260.

___ **Ski Strap.** Required. No Velcro. Store wrapped around ski pole. Joe's choice: BD Ski Strap.

___ **Ski Crampons.** **Required for April-June tours.** Otherwise not required.

___ **Helmet.** Required for ski mountaineering and May-June tours. Climbing helmets have better ventilation for spring booters. Joe's choice: BD Vector Helmet or Petzl Sirocco.



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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 hood. Joe's choice: Patagonia Hyper Puff Hoody.

___ **Softshell Jacket.** Or windshirt. Joe's choice: Patagonia Simple Guide Jacket or Houdini.

___ **Expedition Weight Top.** Joe's choice: Patagonia R1 or Crosstrek ¼-Zip.

___ **Long Underwear Top.** Joe's choice: Patagonia Capilene Midweight Crew.

3) Bottom Layers: for all trips

___ **Hardshell Pants.** Hardshell leg wear is more versatile than softshell. Hardshell Joe's choice: Patagonia Powder Bowl Pant.

___ **Long Underwear Bottom.** Joe's choice: Patagonia Capilene Midweight Bottoms.

___ **Softshell Pants.** Optional. 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

___ **Gloves.** With wrist gusset. These will be your main gloves. Joe's choice: BD Pursuit Gloves.

___ **Mittens.** For cold temps. Joe's choice: BD Super Light 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 Dirt. For May or later bring category 3-4, which has 3-18% light transmission. Joe's May or later choice: 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 ski base camps: 30-45 liters, under 3lbs. Joe's choice: Black Diamond Cirque 35.
- Camp to camp: 40-70 liters, ~4lbs. Joe's choice: Black Diamond Cirque 45.

___ **Trail Food.** You provide your own lunches and snacks, **except for Ski Base Camps**. Aim for high fat, high calorie food, which provide 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 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.

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

___ **Camera.** Phone in airplane mode stored in a warm pocket. No drones please.



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6) Ski Mountaineering Gear: for all ski mountaineering trips and courses including Valdez and Denali Ski Base Camp

___ **Ice Axe.** Required. Light and short mountaineering axe. Short (50cm is best) is better than too long. No leash. Joe's choice: BD Raven Pro or Petzl Gully.

___ **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 or Petzl Leopard.

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

___ **3 Prusik Loops.*** Required. 120cm (4 foot) lengths of 5mm accessory cord tied into a loop with a flemish bend. Or Sterling 19" Sewn Prusik.

___ **Cordelette.*** Required. Six-meter (18 foot) length of 5mm accessory cord tied into a loop with a flemish bend. For anchors and rescue.

* If you don't have prusiks or cordelette, then bring a 10m (33 foot) length of 5mm accessory cord and we'll cut it to length.

___ **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.

___ **Micro Traxion.** Recommended. This modern crevasse rescue device made by Petzl is both a 91% efficient pulley and a cam for progress capture.

___ **Belay Device.** Recommended. For belay, rappel and crevasse rescue progress capture. Joe's choice: BD ATC Guide or Petzl Reverso.

___ **2 Ice Screws.** Recommended. One short, one long. Bring with tip cover and mesh coating. Joe's choice: Petzl 13cm and 21cm Laser Speed Ice Screw, BD 13cm and 19cm Ultralight Ice Screw.

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

___ **Booting Plates.** Recommended if you want to try climbing and skiing chutes like at Thompson Pass or on Denali Ski Base Camp. Joe's choice: Billy Goat Plates.



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7) Fly-In Ski Base Camp Gear: e.g. Denali Ski Base Camp

Provided

- Emergency shelter and communication
- Navigation, first aid and repair kits
- Two-way radios
- Glacier ropes
- Food
- Tents, stoves and cook gear
- Camp chairs, solar charger, latrine
- Some gear is available for loan

Pack your gear to fly in

- You can leave a bag in the car with your extra stuff. Valuables can be left in the office.
- Base camp duffel loaded with your camping stuff and sharps.
- Have your ski pack loaded and ready to ski.
- Skis with skins on strapped together with poles.

___ **Travel Duffel.** Required. Huge plastic coated duffel that you will bring into base camp. Joe's choice: Patagonia Black Hole Duffel 120L.

___ **Sleeping Bag.** Required. With compression stuff sack. Good to -20°F for Nov-April trips. Otherwise 0°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. Lemigo Lightweight EVA Thermo Rubber Wellington Boots Grenlander 862. Joe's choice: Muck Boot.

___ **Pee Bottle.** Required. Storms can limit outside latrine use. Joe's choice: Nalgene Wide-Mouth Canteen, 96 fl. oz.

___ **Pee Funnel.** Required. 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. Books, magazines, music...

___ **Spoon.** Required. Durable plastic. Knife and fork not needed.

___ **Bowl.** Required. One-liter capacity. Joe's choice: GSI Fairshare Mug II.

___ **Mug.** Required. Insulated with lid. 16oz minimum.

___ **Pint Bottle.** Required. 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

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. Therefore, 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.

Supplied by Stock Alpine

- Emergency shelter and communication
- Navigation, first aid and repair kits
- BCA Link radios
- Glacier ropes
- Tents, stoves and cook gear
- Some gear is available for loan

___ **Sleeping Bag.** Required. With compression stuff sack. Down is lightest and most compressible, but make sure it’s responsibly sources. Nov-April temperatures may be down to -20°F at night. Otherwise 10°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.** Required. Joe’s choice: Nalgene 2-liter collapsible canteen.

___ **Pee Funnel.** Required. Helpful 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: Lexan muscle spoon.

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

___ **Scraper.** Required. Keep in your pocket. This may triple as your inclinometer and compass.



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9) Ski Guide Training Gear

- ___ **Snow Saw.** Joe's choice: G3 Bone Saw.
- ___ **ECT Cord.** 3m of 2mm accessory cord with overhand knots tied every 10cm.
- ___ **Notebook.** Rite in the Rain 311.
- ___ **Pencils.**
- ___ **Paper Map.**
- ___ **GAIA GPS App.** Loaded onto your smartphone with the relevant maps downloaded.
- ___ **Repair Kit.**
- ___ **Ski Guide Rope.** Joe's choice: 45m single rope.
- ___ **Guide Tarp.** Attach tie-down strings to sides and corners. Joe's choice: Combo with Alpine Threadworks.
- ___ **Rescue Sled.** Joe's choice: Alpine Threadworks.

10) Avalanche Course Gear

- ___ **Avalanche Essentials.** By Bruce Tremper, this is the standard intro-level avalanche text.
- ___ **Snow Saw.** Joe's choice: G3 Bone Saw.
- ___ **ECT Cord.** For cutting extended column tests. 3m of 2mm accessory cord with overhand knots tied every 10cm.
- ___ **Inclinometer.** Any type will work including phone inclinometers. Joe's choice: compass with inclinometer and adjustable declination.
- ___ **Thermometer.**
- ___ **GAIA GPS App.** Loaded onto your smartphone with the relevant maps downloaded.
- ___ **Theodolite App.** For location information.
- ___ **Notebook.** Recommended. Joe's choice: Rite in the Rain 311.
- ___ **Mechanical Pencils.**