

Haig Glacier Equipment list

Due to extreme variance in the weather conditions on the Haig Glacier, the following personal equipment items are mandatory. All equipment must be contained in two bags, one for clothing/etc and one for skis and poles. This will increase the efficiency of the helicopter flights. **With the possibility of inclement weather, groups must be always be prepared to carry all their belongings from the trail head to the camp and return if necessary.** This situation may arise if the helicopter were not able to reach the camp. All personal bags and ski bags must be clearly identified with the team and individual names. CODA will not be responsible for lost or misplaced unidentified packs and ski bags.

IF THERE IS ANYTHING ON THIS LIST THAT YOU ARE NOT GOING TO BRING, PLEASE ASK BEFORE YOU DON'T BRING IT!

Clothing

- Sleeping bag, small pillow. Or blanket and sheets. Mattress on Haig is Long Twin
- Sun hat (baseball cap) and toque and buff
- Glacier goggles or good quality sun glasses. Category #4 lenses are good
- Warm jacket (ski jacket should be fine and a light weight down)
- Wind Pants (ski training)
- ski suits or tights and tops.
- Rain gear (pants and jacket) Gortex is best!
- 2 tops and bottoms - poly underwear
- Mitts and gloves
- Wool or fleece jacket
- 2 long sleeve T shirts, or 1 long and 1 short, or 2 short... wicking fabric
- 3 pairs of training socks and 2 pairs of wool socks
- Medium weight hiking boots (run shoes not acceptable, must be Leather or waterproof)
- Training shoes (hike or running shoes)
- Large durable backpack or Large Duffle that can be carried or large backpacking pack - big
- Daypack (large enough to carry food, 2 liters water, change of clothes, and ski boots)
- Flashlight/headlamp
- Running shorts
- 2 H2O bottle (1-2 liter minimum size)
- 1 **LARGE** bike water bottle and H2O carrier
- sandals(optional but good idea)
- Swimsuit
- Gaiters would be a good idea with the big snowfall this year

Personal Hygiene Items

- Sun screen and lip protection cream (min. SPF 30)
- Small first aid kit - **moleskin** and bandages
- Towel and face cloth
- Toothbrush and toothpaste
- Environmentally friendly soap and shampoo
- **Heart rate monitor with heart rate zone alarm and watch - optional**

Ski Equipment

DON'T BRING YOUR VERY BEST PAIR OF SKIS

1 pair of skate skis and 1 pair of classic skis and 1 Zero Classic if you have, boots, poles, and ski bag. Wax supplies for kick waxing. Rex OU/OV/OI, Rode Rossa/Galla, Universal Klistor, Silicon, 80 GRIT SANDPAPER! Also bring large plastic bags for your boots **** please remind athletes to scrape storage wax off skis prior to departure to the Haig, to ensure protection of this sensitive area.**

Optional

Camera, ipod, small musical instrument, reading and writing materials, cards, games and small sporting items