



## CMH Snowboard Gear Check List

### **Do you have a board that's made for the backcountry?**

They are generally longer, a bit wider in the nose, twin-tipped and specifically designed for powder. Free-style boards are often too short for our deep snow conditions. Swallow-tail boards are used sometimes. They tend to be quite long, are perfect for cruising and open terrain although in trees, traverses, side slips and wind packed conditions they are not easy to work with. A freeride powder board for backcountry riding will be your best bet.

### **Is your board sized correctly according to your height and weight?**

Do you feel like you're actually riding a skateboard? Then it's too small for you! If you stand your board on its tail your board should ideally come up between your chin and your eyebrows. This is the perfect length for riding powder. If you are unsure, seek the advice of trained personnel at your favorite snowboard shop for sizing.

### **Did you adjust your bindings for powder?**

To avoid severe leg ache adjust your stance by moving the bindings slightly towards the back of the board. More weight is put on the tail side of the board when you move the binding back and the nose will be raised. It keeps the board floating above the snow.

### **Do you have spare binding parts?**

Exotic old or new bindings can be very hard to fix when they break and you have no parts with you. We strongly recommend bringing spare buckles, ladder straps and any fasteners or bolts you think you may need to carry with you in case of failure due to extremely cold temperatures that may cause binding components to become weak or brittle. If you carry some spare parts in a zip lock bag with a multi tool, you're ready for anything.

### **Do you have the best clothing for riding in the back-country?**

Many snowboarding outfits are suitable for ski resorts but are very poor for the use in the backcountry. Layers are a must. Capilene and fleece work well. Your snowboard clothing should be warm, non-restrictive, breathable and water resistant or water proof. The jacket should significantly overlap the pants.

A jacket with a built in "powder skirt" is an absolute must so that snow won't accumulate around the waist.

### **Are your gloves going to keep your fingers warm and dry?**

A lot of riders use the same gloves that they use in a ski resort. They are often not very warm or waterproof and only come up to the wrist. While these are fine for resort riding they will fill up with snow and get wet in our soft snow conditions. We recommend a waterproof gauntlet style glove specifically designed for powder that ends well above your wrist to keep you warm and dry.

### **Do you wear a helmet?**

It's a great idea but it can actually be a safety hazard if you are unable to hear the guide's instructions. Helmets that offer a low profile or  $\frac{3}{4}$  coverage shell and a removable neoprene ear cover, are the way to go for Heli-riding. The ear guards can be easily attached or removed depending on the temperature. Some helmets cover the whole head allowing for only a very small opening around the ears. Full face helmets are not suitable. Excessive sweating and loss of hearing are often the results of wearing the wrong helmet.

### **Okay, read this:**

1. Have a longer, twin-tipped powder board that is properly sized given the rider's height and weight.
2. Seek the advice from trained personnel when selecting equipment.
3. Adjust your stance for soft / deep snow.
4. Bring warm, non-restrictive, breathable and water-resistant clothing and a jacket with a "powder-skirt".
5. Have some good quality powder gloves
6. Bring along spare binding as we don't carry them at the lodge.
7. If using a helmet, use one with a low profile or  $\frac{3}{4}$  coverage shell with removable ear guard