



*"A person should have wings to carry them where their dreams go, but sometimes a pair of skis makes a good substitute."*  
 ~ Hans Gmoser

## Packing Tips

### Clothing and Layering

We recommend that you dress in layers while out skiing. Layering provides better protection against the cold than wearing one large, heavier layer. Please limit yourself to 1 suitcase weighing no more than 18kilos (40 lbs.) for a 7 day trip, plus a carry on/handbag. Laundry facilities, including soap, are available at all lodges at no extra cost.

### Make sure you have the following for each day of Heli-Skiing:

- Avalanche Transceiver (provided)
- Guest Pack with probe/shovel (provided)
- Goggles
- Gloves/mitts
- Scarf/buff(neck warmer)
- Toque/wool hat

### What CMH provides for each Trip

- A selection of powder skis from K2 and Atomic
- Custom Scott ski poles
- Avalanche rescue transceivers – training is mandatory at the start of every trip
- CMH Guest pack with shovel/probe (mandatory)
- Snowboarders are recommended to bring their own board. CMH does have a limited number of Burton snowboards for guest use and they must be reserved in advance of your trip.
- Soap, shampoo, hair dryer, towels, bathrobes, sun block

### What do I need to bring?

You are welcome to bring your own ski gear.

- Ski or snowboard boots
- Snowboard (if required)
- Snow pants and warm coat/hard shell or one-piece suit
- Goggles
- Mitts/gloves, wool hat/toque
- Helmets of any kind are not mandatory for CMH Heli-Skiing. One that offers a low profile or ¾ coverage shell and a removable ear cover are the way to go for Heli-Skiing, as the ear covers can be removed easily depending on the temperature. Helmets that fully cover the ear (e.g. race helmets) may be a safety hazard if they prevent you from hearing the guide's instructions.
- Multi-layer clothing for skiing – there are many new technical fabrics that are ideal for use in the mountains; they wick away moisture, dry quickly and keep you warm. These can be purchased in the retail shop at each CMH lodge/area.
- 3-4 pairs of comfortable, warm socks
- Light workout clothes for morning stretch class
- Bathing suit for whirlpool/sauna
- Indoor shoes or slippers
- Casual clothing for in the lodge
- Optional items: alarm clock, camera, binoculars, collapsible poles(snowboarders), spare snowboard parts – as per Snowboard Gear form

*If you forget any clothing or lodge items our retail shop carries a variety of clothing, outdoor items and other necessities such as batteries, chapstick and ear protection for the helicopter.*