

Japan Powder Sessions - Equipment List

Mandatory -

- **Avalanche Safety Gear** - you will need a backcountry specific backpack (25L plus), shovel, probe and avalanche transceiver. Check that they are functioning before leaving on your trip. This gear is **mandatory** and we will not ski without it. Practice putting together your shovel and probe and know the functions of your beacon, prior to commencement of your trip. You are recommended to bring your own gear from home.
- **Fat Skis** with uphill capability – 110mm or wider skis with some kind of touring setup (Marker Duke or Salomon Guardian style work well, or Dynafit or tech binding set-up also very good options). Please be familiar with your skis and know how your bindings work, before getting to Japan. Your first time on your equipment should not be on snow in Japan!
- **Split-board** or powder specific snowboard – splitboards are the best option in Japan, failing that, a powder board or regular snowboard, with snowshoes or ascension skis for hiking in deep snow, carried in the pack. You should also carry some 3 piece touring poles as well. Practice assembling/dis-assembling your board before arriving in Japan.
- **Skins** – trimmed to fit your skis or board. We recommend trimmed-to-fit for maximum grip. We don't recommend straight cut skins due to their lesser grip. Skins should be trimmed prior to arrival and should fit and work for your equipment. Finding out they don't fit or work just before your first hike in Japan, is not an option!
- **Avalanche Airbag** – We strongly recommend the use of an avalanche airbag whilst riding in Japan. Sometimes travelling with airbags can be restricted or not allowed (either with empty or full cylinders) for travel by your airline, especially on flights coming to/from the US. IT IS YOUR RESPONSIBILITY TO CHECK WITH THE AIRLINES BEFORE YOU TRAVEL TO FIND OUT THEIR RULES FOR CARRYING AVALANCHE AIRBAGS ON-BOARD AND WHETHER OR NOT THEY ARE PERMITTED. The Adventure Project accepts no responsibility for guests who choose to travel with Airbags and are denied permission to carry them on their flights.
- **Avalung** Harness or backpacks are mandatory if you do not use an avalanche airbag.
- **Whistle** – attached to your pack for attracting attention. A whistle is more sustainable than yelling, to attract attention.
- **Basic 1st Aid Kit and spare parts** for your ski equipment are mandatory. You should always be self-sufficient in the backcountry.
- **Slope Meter** – for measuring the angle of a slope you are about to ski. It is a good practice to learn to measure the angle of a slope when finding a mellower line is necessary.
- **Clear Goggle Lens** – for night skiing. Don't forget the clear lens!
- **Helmet** – a good, well ventilated helmet is recommended for increased protection whilst skiing/riding. Some resorts in Japan have mandatory helmet rules to ride off-piste.

Highly Recommended

- **Normal ski wear:** jacket, pants, mid-layers, base layers, socks, gloves, etc. Shell jackets and pants that are highly breathable are recommended. It's cold in Japan so either layer up or have insulated outerwear.
- **Spare batteries** – for all electronic devices.
- **Goggles** – a good pair of goggles with lenses for bright light, overcast light and a clear lens for night skiing. A goggle with an interchangeable lens system is highly recommended.
- **Sunglasses** – good to hike in instead of goggles.
- **Gloves** – One thicker pair for colder/snowier days and one pair of spring gloves for warmer days, especially useful when hiking.
- **Clothing** for travel and after skiing - bring a decent pair of shoes or boots suitable for walking through snow.
- **Headlamp** – good for extra visibility for night skiing. Consider bringing a couple of lamps to really brighten up a run when night skiing.
- **Energy Bars** – good to have in the pack for extra energy when hiking.
- **Camera and/or POV camera** – plenty of opportunities for photographs and sick ski/ride footage.
- **Sunscreen** – High quality, sweat proof sunscreen is recommended.
- **Baseball cap/visor** – good to wear whilst skinning on sunny days.
- **Snow science kit/snow saw** – only if you want to geek out with your own gear.