

### WHAT SHOULD I BRING?

Helicopter use accounts for the largest portion of your Heli-Ski trip's cost. Because we have to fly your luggage to most of the lodges, you should pack only essential items. There's no need to bring an extensive wardrobe, as the lodges are very casual. You should limit yourself to one carry-on bag and one suitcase weighing no more than 18 kilos (40 lbs).

Laundry facilities are available for your use at each lodge. Please be sure to bring exercise clothing to wear during the morning stretching sessions. Since we provide skis and poles, there's no need to bring your own, but we strongly recommend that you always carry your ski boots as hand luggage! [Click here for our suggested packing list.](#)

If you're planning a Heli-Ski trip in conjunction with other travel that requires you to pack more than one suitcase, Delta Calgary Airport Hotel provides our guests with long-term storage facilities.

### WHICH SKIS, BINDINGS, AND POLES DOES CMH PROVIDE?

CMH supplies all our skiers with skis and poles, so there is no need to bring your skis from home, and no charge for CMH-supplied skis and poles. We ask guests to bring their own boots, snowboards, or telemark skis.

One of the biggest breakthroughs in the Heli-Skiing industry has been the evolution of "fat skis." Wider and shorter than conventional skis, they turn with ease in all conditions, and make skiing in the trees more enjoyable. (Though we should note that while fat skis have made Heli-Skiing more accessible to some intermediate skiers, they have given a false sense of ability to others.)

The Atomic Heli-Daddy has now become our main ski for powder skiing. They offer increased floatation and lighter swing weight (due to their foam-core construction) and initiate turns significantly easier. This excellent ski offers versatile performance in all the different deep snow and terrain conditions for a wide cross section of skier.

The Heli-Daddy is very forgiving in all snow conditions and is the number one choice among guides and guests. It comes in 150, 160, 170, 180 and 190 centimetre lengths.

We also supply all our skiers with light and durable poles from Scott and Goode. And as for bindings we use Salomons exclusively; we've found them to be the most durable and well-designed bindings on the market.

### WHAT ABOUT BOOTS?

If you have a good pair of boots, you don't need any advice. But here are some guidelines based on our Heli-Skiing experience: boots should avoid pressure points on the toes, ankles, and lower part of the shin. You want enough hinging action so you can push your knees forward easily without having to release your top buckle. And don't forget that we provide skis and poles, but we don't supply boots.

### HOW ABOUT HELMETS?

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-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.

### OUTERWEAR?

CMH proudly introduces our new outerwear supplier, Arc'Teryx, a Vancouver company whose core mission happily dovetails with ours: state-of-the-art, cutting-edge excellence in all things.

After working with our design team and intensive field-testing with our guides, Arc'Teryx has created what we think is the ultimate Heli-Ski jacket and pant, the Neos AR, now a CMH exclusive. Crafted with unique technologies (including magnificent new fabrics) and paradigm-shifting design, the Neos AR has raised the bar for the entire industry.

Leapfrogging conventional construction, the Neos AR Gore-Tex and Tweave jacket and pant are built with finely tuned, waterproof/breathable membrane technology and careful anatomical shaping. They incorporate crucial, sometimes overlooked elements like minimized taping, waterproof zippers, and storm-sealing hoods.

To measure up to the challenges of Heli-Skiing, the Neos AR jacket features a high collar with internal hood, four easily accessible outer pockets (one designed for a radio), an internal pocket, and an adjustable powder skirt. The Neos AR pant is anatomically, ergonomically, and brilliantly designed, with a low-cut bib with fly front; adjustable suspenders; reinforced lower leg, seat, and knee; a stretch rear bib panel; hand and thigh cargo pockets; knee pads; and laminated powder cuffs.

The Neos line will be featured in our Lodge Collection, our Million Foot Awards Program, and will be our guides' standard uniform.

#### **GOGGLES?**

Our goggles of choice are Smith Sport Optics. Featuring an impact-resistant thermal double lens with UVR protection and effective anti-fog coating, they also provide wide peripheral vision and superior clarity. The Turbo model has a silent battery-powered fan to eliminate fogging and is compatible with an optical insert for prescription lens wearers.

#### **GLOVES?**

CMH designed the original gauntlet glove more than 30 years ago. Our Gordini powder gloves feature a cordura gauntlet to keep snow out, with a removable fleece liner which enables the gloves to be used in varying temperatures. We use Clarino, a synthetic leather, in the palm for durability, and stretch fabric for flexibility in the fingers. The gloves' lining is made of fleece and lava wool for their wicking and thermal properties, and a breathable membrane for waterproofing. We also offer a mitt version from Powder Pipeline, featuring the same incomparable value and function.

#### **IS THERE A BOARD THAT'S BEST FOR THE BACKCOUNTRY POWDER RIDING?**

It's important to arrive at CMH with the right gear. The ideal snowboard for powder riding is somewhat longer and a bit wider than a freestyle or traditional resort-riding board. It has an upturned nose and tail and is especially designed for powder and the variable conditions of backcountry (off-piste) riding. Our Heli-Boarders sometimes use swallowtail boards, which tend to be long, and are perfect for cruising and open terrain. Best bet: a freeride (6-10 centimeters longer than your everyday freeriding board) or powder-specific board (tapered board or swallowtail).

#### **SHOULD BINDINGS BE ADJUSTED FOR POWDER?**

Yes. To avoid aching legs, you'll want to adjust your stance by moving your bindings slightly toward the back of the board. This puts more weight on the board's tail side, so the nose will be raised and your board floats above the snow.

#### **WHAT CLOTHING DO YOU RECOMMEND SPECIFICALLY FOR BACKCOUNTRY POWDER RIDING?**

When riding powder in the backcountry, layers are a must. Capilene, fleece, and other wicking fabrics are good choices. Clothes should be warm, non-restrictive, breathable, and, above all, water-resistant or waterproof. Jackets with built-in "powder skirts" will stop snow from accumulating around your waist, which keeps you comfortable. About gloves: we recommend our specially designed powder gloves (see the FAQs- Equipment section) and also advise buying wrist guards separately, which you can slip into our gloves.

#### **IS THIS CMH-RECOMMENDED GEAR AVAILABLE IN YOUR LODGES' RETAIL SHOPS?**

Yes. For more information and digital images for our CMH Design products, email us at [retailshop@cmhinc.com](mailto:retailshop@cmhinc.com) or call our Shop Division at 1-800-661-0252.