



CANADIAN SKI  
MARATHON  
CANADIEN DE SKI

february 13 & 14  
13 et 14 février  
2010

# Gold Camp Equipment Guide

Provided by Ian Aitken of Montreal, seven time Gold Coureur de Bois finisher.

*Updated January 2010*

## **Clothing to wear at start**

- Hat
- Balaclava
- Sun glasses
- Small Headlamp with new battery
- Long underwear top
- Long underwear pants
- Underwear
- Thick socks
- Liner socks
- Light wind jacket with some insulation
- Tights
- Thick gloves
- Thin gloves
- CSM number should be tied to your pack

## **Additional Clothing**

- Warm mitts
- Over mitts
- Hat
- Ear muffs
- Face mask
- Light fleece top
- Goretex jacket with hood and ski goggles (if weather looks bad)
- Light wind pants that can be put on without removing boots

## **Sleeping**

- Winter sleeping bag
- Emergency blanket
- Emergency blanket with string for shelter or bivi bag (if precipitation is called for)
- Tooth brush
- Ear Plugs
- Swimming goggles to keep smoke from fire out of your eyes
- Eye shades
- Second set of thick socks and liners
- Extra balaclava
- Down boots
- Over boots for down boots
- Down Jacket
- Long underwear top
- Long underwear pants (2 pairs if forecast calls for cold)
- Large compression sack for all of this gear



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## Food

- Snacks:
  - Food you like to eat
  - gel
- Dinner:
  - Soup
  - freeze dried food
  - cream cheese, Tabasco
  - hot chocolate
  - Chocolate
- Breakfast:
  - Soup
  - Porridge with extra raisins and nuts
  - Hot Chocolate
- Spoon
- Large insulated mug
- Nalgene water bottle, 1L
- Water bottle insulating jacket

## Other

- Camera
- Moleskin
- Vaseline/Dermatone
- Anti inflammatory
- Swiss army knife
- Toilet paper
- Cellular phone
- Cash
- Medical insurance card
- Chemical hand warmers (if it's expected to be very cold)

## Waxing

- Cork
- Scraper
- Wax
- Klister (depending on forecast)
- Liquid glider
- Wax remover (depending on forecast)
- Thermometer



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## Gold Dorm Gear

- Sleeping pad
- Summer sleeping bag
- Water to drink on bus and at dorm
- Ear plugs
- Eye shades
- Alarm clock
- Towel and soap to be used after the race
- Money to purchase beer at the banquet
- Big duffle bag for all this gear and your ski pack
- Zip ties to attach name tags and destination instructions to gear bag
- Garbage bag for all wet clothes on Sunday afternoon

## Notes:

1. *If you don't plan to sweat very much, or believe that you can dry your clothes next to the fire before going to bed, then it is possible to bring much less clothing.*
2. *All of the gear that you plan to use in the dorm on Friday night should be in addition to the above list so that you can leave your backpack untouched and ready to go for early Saturday morning.*
3. *The clothes that you wear on Friday night are the ones you wear after the race as well.*