

# Frog Lake Huts Overnight Backcountry Skiing

*Gear Guide / Packing List*

## Overview

There are no other huts or lodges in California that match Frog Lake Backcountry Huts experience. With amenities and creature comforts galore, spending a few nights deep in the backcountry feels like only a small shift from being at home.

The sleeping huts (Ted R, Rockwood and Morgan) are equipped with running water, flush toilets, sinks with soap and paper towels to wash and dry your hands. Each hut is equipped with multiple charging stations, including USB ports for small electronics. There are no showers.

Separate from the sleeping huts is the Eschenbach House. This building contains a commercial kitchen, dining room, map room, bathroom and “loft lounge.” The commercial kitchen is equipped with pots, pans, griddles, ovens, dishes, utensils and basic cooking supplies as well as a refrigerator. The dining room is large and can accommodate the full capacity of the huts during meals with the ambiance of an open fire.

## Backcountry Touring Gear

- Alpine Touring Skis or Splitboard** - Light to Midweight Setup with “Tech Bindings”
- Alpine Touring Boots or Splitboard Compatible Boots**; Scarpa F1
- Ski Poles** - Lightweight, Adjustable Poles with Baskets; BD Expedition 3 Poles
- Climbing Skins** - Mohair Mix is Best; Black Diamond GlideLite Mohair Mix,
- Ski Crampons** - Specific to your Skis/Board; (may not be necessary depending on conditions)
- Ski Strap** - Voile Ski Strap or Similar
- Ski Helmet** - Dual Rated Helmet; Petzl Sirocco or Black Diamond Vision
- Repair items specific to your gear** - Any items that are prone to fail in the field that are specific to your equipment, ie extra splitboard binding screws or tail clips for skins.

## Avalanche Gear

- Avalanche Beacon** - Digital Avalanche Transceiver; Black Diamond Guide Recon BT
- Avalanche Shovel** - Collapsible, Aluminum Shovel; Backcountry Access BT2 Shovel
- Avalanche Probe** - Quickdraw Style Probe; Backcountry Access Stealth 300

## Overnight Gear

- Headlamp** - LED headlamp with fresh batteries; Petzl Actik Core
- Sleeping Bag** - Sleeping bags are provided by Blackbird Mountain Guides. If you would like to use one, we REQUIRE that you bring a sleeping bag liner.
- Sleeping Pad**- The huts are equipped with comfortable sleeping pads - please do not pack one!
- Hut Booties** - Provided at the huts by Truckee Donner Land Trust

## Head and Neck Layers

- Sun Hat** - A Baseball Hat; Blackbird Mountain Guides Logo Hat
- Sunglasses** - Dark Lens Glasses with Side Coverage; Julbo Shield
- Goggles** - Ski Goggles with a Storm Lens; Julbo Aerospace Reactive
- Warm Hat** - Lightweight Warm Hat that Fits Under Your Helmet;
- Neck Gaiter** - Light to Midweight Neck Gaiters; Buff or your favorite Face Masks

## Upper Body and Hand Layers

- Long Sleeve Base Layer** - Lightweight, Synthetic/Wool; Patagonia SunHoody
- 2 Insulating Top Layers** - Light to Midweight Insulation Layers; Patagonia R1 & NanoAir
- Puffy** - Midweight Down or Synthetic with Hood; Patagonia Fitzroy or similar
- Hardshell Jacket, Hooded** - Waterproof, Light, Gore-Tex, NOT insulated; Arc'Teryx Alpha FL
- Light Gloves** - Light to Mid Weight for Warm Temps; Flylow John Henry Gloves, BD Tour
- Midweight Gloves** - Mid to Heavy Weight for Cold Conditions; BD Legend
- Sports Bra** - Wool/Synthetic

## Lower Body and Foot Layers

- Socks** - Midweight Wool/Synthetic; Darn Tough Via Ferrata
- Underwear** - Wool/Synthetic
- Long Underwear** - Wool/Synthetic "Long Johns"; Patagonia Capilene Air
- Softshell Ski Pants** - Breathable, Weather Resistant Pants; OR Trailbreaker II
- Vented Hardshell Ski Pants** - (Conditions dependent) Waterproof Pants for Extreme Weather

## Food and Water

- Water Bottles** - Bring at least 2 Liters capacity, with at least 1 Liter bottle being a hard sided Nalgene bottle or similar. The other liter can be a soft bottle like a hydrapak or a hydration system.
- Hydration System** - We love hydration systems, but they have a tendency to freeze up on colder trips, so make sure to bring a hard sided water bottle as a backup!
- Breakfast, Appetizers & Dinner** - Supplied and cooked by Blackbird Mountain Guides
- Lunch & Snacks** - Please bring snacks and lunch food for each day of the trip. We typically eat lunch on the go, so plan for food that doesn't need to be prepared in the field. Some trips, depending on group desires and weather, may take longer lunch break breaks.
- Hot Drinks** - Coffee supplied by Truckee Donner Land Trust, tea supplied by Blackbird Mountain Guides. Feel free to bring your own if you have specialty coffee or tea that you like!
- Utensils, Plates, Bowls, Etc** - The Frog Lake Huts are well provisioned with a commercial kitchen and
- Water** - The water from the taps at Frog Lake is treated, potable and delicious! will be melted from snow or boiled

## Other Essentials

- Sun Screen** (SPF 30 minimum)
- Lip Balm** (with SPF)
- Hand Sanitizer**
- Toilet Paper**

## Optional

- First Aid/blister Kit** - We recommend [KT Tape Blister Prevention](#)
- Chemical Hand Warmers**
- Hydration System** - Flexible Water Bladder with Hose; Hydrapak, Camelback, Platypus

## Group Gear

**Blackbird Mountain Guides will supply all of the group gear for the trip, including:**

- ✓ Guide's First Aid Kits
- ✓ Guide's Repair Kit (Please bring any items that are specific to your equipment, ie extra splitboard binding screws!)
- ✓ Wag Bags (Huts have bathrooms, but in the field we will use Solid Human Waste Disposal Bags if necessary)