

## FROM THE PRO

I'm strict about my wilderness medical training and have been Wilderness First Responder (WFR)-certified since I started backcountry skiing decades ago. You might think that means a big first-aid kit, but mine isn't big, as I do care about weight and space. It's always with me, and the most important part is in my head. Yes, I've had to use it.

Bring a thermos! It's nice to feel civilized and enjoy a cup of tea. Plus, you can always add a little snow and "make water" when you're running low.

Extra gloves are key. As is an extra hat to switch to when it's snowy and wet, or yours gets wet from exertion. Always bring a warm layer that you hope you never use. When you stop to dig a snowpit, put it on; when shit hits the fan, put it on. When you need to lend it to someone, you have it. I often also boldly slip down at the top of a climb and change my baselayer.

My favorite hack is perfect stuff sacks. A mini compression one for the extra down puffy is an essential part of my packing. Then my big gloves for the descent or ones that I may not need also go in a stuff sack. As does my food—that one is a special favorite that opens down the middle with a zipper; I call it my feed bag. A rope goes in another stuff sack, goggles sometimes in another one. —Kit DesLauriers



### Kit DesLauriers

First to Ski Seven Summits  
North Face Athlete  
Jackson, Wyoming

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I always have a set of handwarmers that I try not to use. If I'm going somewhere where cell service is spotty or unavailable, I always carry a Garmin InReach. I usually carry a small power-thingy, because those phones lose battery in the cold! —KD

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Probably most important of all: Pack your communication skills. Adjust terrain if you're unsure of conditions or partner ability or group ability to communicate well. —KD

## Next Steps: Pick Your Pack

### ☒ Deuter Freerider Lite 20

For light days when you only need the essentials, Deuter's Freerider Lite 20 is the answer. The pack weighs less than two pounds, with a well thought out, minimalist design. The front pocket is lined with a waterproof material to contain skins, sweaty layers and any other wet items, while avy gear lives in a dedicated storage space in the main compartment. Two removable straps adjust to create a diagonal ski carry or vertical snowboard carry. The Freerider is also available in an 18-liter version for those with shorter torsos.



### ☐ Ortovox Haute Route 38 S

Ortovox dispelled the popular saying "if it ain't broke, don't fix it" when updating their best-selling series of Haute Route packs. The upgrades include an orthopedic-surgeon-approved back panel, which is combined with a cinching system and access points through the top and back. These features make the 38 S a versatile pack for anything from multiday trips to riding chairlifts. The "S" in the name stands for short, but Ortovox also offers 40- and 32-liter options in a longer torso length, as well as a 30 S.



### ☐ Osprey Soelden Pro

Osprey's Soelden Pro, also available in the Sopor women's version, comes equipped with the Alpride E1 electronic airbag system. At just shy of three pounds, the system is one of the lightest currently available, is safe to fly with and is chargeable via AA batteries or USB. The pack itself offers 32 liters of carrying capacity, including an avy-gear pocket, A-frame and diagonal ski carry options, helmet carry and a large U-zip around the sides to access the main compartment. Osprey's proprietary DWR fabric is integrated with polyethylene to resist abrasions.

