

SKI GUIDE PRE COURSE EQUIPMENT LIST

SKIING GEAR

Alpine Touring Skis - preferably 75mm or wider at waist, 80mm – 90mm are guide's favorite.

Alpine Touring Bindings (Fritschi, Silveretta, Dynafit or Naxo are most popular)

- or -

Telemark Skis – preferably 75mm or wider at waist, 80mm – 90mm are guide's favorite.

Telemark Binding – preferable a telemark touring binding allowing resistance-free pivot for touring (Black Diamond 01, G3 Targa Ascent or Targa Ascent SS, 7th Power Tour, Rotrefella NTN, Voile Switchback)

Releasable bindings may increase your chances of surviving an avalanche. If you choose to use non-releasable telemark or snowboard bindings, you must accept the additional risk.

Ski brakes recommended over safety straps (binding dependent)

Alpine touring boots or heavy-duty telemark boots

Ski poles – adjustable length (optional)

Climbing skins – maximum width to shape of ski recommended

Ski strap – to carry skis

Ski Helmet (optional) – CAMP makes a combination ski and climbing rated helmet

Please reserve your gear rental needs with ASI (530-582-9170)

SNOW SAFETY GEAR

Avalanche transceiver with fresh batteries, probe and shovel.

SNOW STUDY KIT

(Optional, only necessary if you have completed AIARE Level2)

• Guides Notebook- 4 5/8" x 7" all-weather paper ("Rite in the Rain" LEVEL, No. 311 recommended) with Field Observation templates

Available from Brooks Range Mountaineering - <http://www.brooks-range.com>

and/or AIARE Fieldbook.

- 2 Mechanical pencils
- Crystal card
- Magnifying loupe (5x-10x)
- 1-2 Dial-Stem Thermometers (Centigrade)
- Snow saw and/or Ruschtblock cutting cord
- Folding ruler (1-2m) or other measuring device
- Clinometer (or compass with clinometer)

GUIDES EQUIPMENT

• Guides Notebook- 4 5/8" x 7" all-weather paper ("Rite in the Rain" LEVEL, No. 311 or AIARE Fieldbook)

• Map(s), TBA

• Map case

• Compass

• Altimeter, and/or alarm watch

• Map ruler (for distances and slope angles)

Available from Brooks Range Mountaineering - <http://www.brooks-range.com>

- FM VHF radio or small 2-way FRS radio and/or cell phone
- Light ski harness w/ adjustable leg loops, belay loop and gear loops
- 3 Screw-gate pear-shaped carabiners
- Four non-locking carabiners
- 1 Cordelette (6mm x 5m)
- 1 Sewn double length (48") runner
- 1 Short prussik loop (6mm)
- Skiing helmet (optional)
- Ice axe
- Boot crampons
- Ski crampons

SKI CAMPING GEAR

Ski Day Pack (20-30 liter)

Ski Mountaineering/Ascent Pack (40-50 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional, but recommended)

Sleeping Bag: 20° F light down (ideally under 2 lbs.)

0° F bulky sleeping bags not recommended

Small sil cloth compression stuff sack recommended

Light Thermarest or closed cell foam (3/4 length – full length thick, bulky pads not recommended)

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light merino wool or capilene zip T-neck

Merino wool or capilene briefs

Merino wool or capilene light long johns

Ski socks – wool/nylon blend or similar (2 pr.)

Outer layers:

Soft-shell jacket (lightly insulated) or fleece pullover or full zip

Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric)

- Patagonia, Mammut or similar

Puff jacket (nylon with synthetic insulation)

Light outer shell (waterproof/breathable jacket and pants)

Light wool or fleece hat

Fleece neck gaiter for storm conditions

Sun hat – with visor

Gloves – medium weight, warm ski gloves and light gloves for spring conditions

Light down booties (optional)

Bandana

This is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

MISCELLANEOUS

1-Liter water container or hydration system

12-24oz. Lexan cup

Lexan spoon

Water purification – Iodine tablets, tincture of iodine in small plastic dropper bottle

Sunglasses with retainer

Goggles with light lenses for storm conditions

Sunscreen – 30 SPF or greater (small amount in squeeze bottle)

Lip balm – 30 SPF or greater

Small personal first aid kit – bandaids, moleskin, tape, aspirin, antacid tablets

Toothbrush and toothpaste - small tube

Toilet paper in zip-lock bag with matches

Light headlamp with fresh batteries
Butane lighter
Small pocket knife
Camera (optional)

ASI PROVIDES

All group guiding equipment, avalanche transceivers, probes, shovels (if needed), group first-aid, emergency and repair kits, shelters, stoves, cook kits, and 1 dinner.

FOOD

Variations in tastes makes it most practical for each participant to pack his or her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack 1 breakfast and 2 lunches. Here is a suggested sample we would carry for one day:

- Breakfast-instant, non-cooking
- Hot beverage-tea, coffee or cocoa
- 2 packets instant oatmeal or cream of wheat or granola
- 4 tablespoons whole or low-fat milk powder (instant)
- 1 tablespoon margarine (optional)

Lunch-high energy, snackable type

- 3 oz. protein source (cheese, dried meat or other)
 - 2-3 oz. crackers or light bread (bagels ok for the first days)
 - 3 oz. nuts or dried fruit (gorp)
 - 2 oz sweets (goo gels, chocolate, etc.)
- Energy bars may take the place of gorp or candy
- 1 drink mix for 2 days

Alpine Skills International

11400 Donner Pass Rd.

Truckee, CA 96161

www.alpineskills.com

asi@alpineskills.com

530-582-9170 office 530-582-9175 fax