



SKIING IMPROVEMENT FOR MOUNTAIN GUIDES EQUIPMENT LIST

SKIING GEAR

Alpine Ski and Bindings – preferably 80-100mm waist

- or -

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)

PACK

Ski pack (25-35 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional, but recommended)

(Rentals available, reservations required from ASI)

SNOW SAFETY GEAR:

Avalanche transceiver, probe and shovel

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 for very cold conditions

Ski socks – wool/nylon blend or similar

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, Marmut 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/or light gloves for spring conditions

Bandana

Above 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
Sunglasses
Goggles with light lenses for storm conditions
Sunscreen – 50+ SPF (small amount in squeeze bottle)
Lip balm – 50+ SPF
Digital Camera with video option recommended

FOOD

Bring lunch food for each day, including quick-energy snack foods such as energy bars and similar.

ASI PROVIDES

All group guiding equipment, avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits.

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