



SKI MOUNTAINEERING TECHNIQUES EQUIPMENT LIST

SKIING GEAR

Alpine Touring Skis – around a 90mm waist is recommended.

Alpine Touring Bindings (Dynafit and Fritschi are most popular)

- or -

Telemark Skis – around a 90mm waist is recommended.

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)

- or -

Splitboard setup

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

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

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

SKI MOUNTAINEERING GEAR

Ski crampons (optional, but recommended) Their use will be taught on the course.

Boot crampons - light alloy ok *(Included with course, reservations required)*

Ice Axe – ultra light ok *(Included with course, reservations required)*

Light ski harness *(Included with course, reservations required)*

1 locking screw-gate, pear shaped carabiner

1 24" sewn sling

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

Pack

Ski pack (30-40 liter) with a strap system to carry skis

Black Diamond packs with built-in Avalung optional, but recommended

(General pack included with course, reservations required)

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, 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/or light gloves for spring conditions

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

Sunglasses

Goggles with light lenses for storm conditions

Sunscreen – 50+ SPF (small amount in squeeze bottle)

Lip balm – 50+ SPF

Camera (optional)

FOOD

Bring lunch food for the day, including quick-energy snack foods such as energy bars and similar. Or, purchase lunch items at a Sugar Bowl Cafeteria.

ASI PROVIDES

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

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