



**YOUTH SKI MOUNTAINEERING CAMP
TIOGA PASS, SIERRA NEVADA
EQUIPMENT LIST**

This unique trip is from the comfort of a car camp/base camp.

SKIING GEAR

Alpine Touring Skis - preferably 90-100mm under foot

(included with course, reservation required – See Rental Form)

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

(included with course, reservation required – See Rental Form)

- or -

Telemark Skis – preferably 90-100mm under foot

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, Voile Switchback)

Telemark equipment should only be used by skiers previously experienced and qualified as excellent telemark skiers.

In general, 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 (Garmont, Scarpa and Dynafit are most popular) Boots should be carefully pre-fit to avoid blisters.

(included with course, reservation required – See Rental Form)

Ski poles – adjustable length (optional)

(included with course, reservation required – See Rental Form)

Climbing skins – maximum width to shape of ski recommended

(included with course, reservation required – See Rental Form)

Ice axe - 50-60cm recommended (no longer than 70cm, ultra-light ok)

(included with course, reservation required – See Rental Form)

Light ski mountaineering harness

(included with course, reservation required – See Rental Form)

1 Locking screwgate carabiner, small pear shaped best

(included with course, reservation required – See Rental Form)

Boot crampons

(included with course, reservation required – See Rental Form)

Ski strap – to carry skis

Ski Helmet

Climbing Helmet

(included with course, reservation required – See Rental Form)

If you own your own rock climbing gear such as a harness, climbing helmet, rock shoes, etc., bring them. Otherwise, they will be provided.

(Highlighted items will be provided by ASI & The Back Country in Truckee, CA. Reservations are required, fill out [Rental Form](#) and return to ASI: 866-833-2483 Fax)

SNOW SAFETY GEAR

Avalanche transceiver (457 kHz) with fresh batteries, probe and shovel
(included with course, reservation required – See Rental Form)

SKI CAMPING GEAR

Ski Mountaineering/Ascent Packs (20-30 and 40-50 liter) with a strap system to carry skis. One is for day use, the other is for the overnight climb.

(included with course, reservation required – See Rental Form)

Sleeping Bag: 20° F or warmer

Comfortable Sleeping Pad and 1 light ¾ length closed cell foam or thermarest for overnight climb

CLOTHING

Next to skin layers:

Short sleeve T-shirts (3) – light merino wool or capilene

Long sleeve light merino wool or capilene zip T-neck

Merino wool or capilene briefs (3 pr.)

Merino wool or capilene light long johns

Ski socks – wool/nylon blend or similar (3 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, Marmot or similar

Light 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 ski gloves and light gloves for spring conditions

Light down or fiberfill booties (optional, many experts change socks and wear their inner boots in the tent and/or use their outer shells for quick bathroom trips)

Bandana

Appropriate camp clothes including shorts, a sweatshirt, cotton T-shirts and camp trail shoes

A large duffle bag for base camp

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

1-2 Liter water container (wide-mouth lexan recommended) or hydration system (with soft hydration bladder, an additional hard Lexan 1 Liter bottle is recommended for camp use). Bottle can be refilled during the day at open water and snow can be added for solar melting.

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

Sunglasses with retainer

Goggles with light lenses for storm conditions

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

Lip balm – 30+ SPF

Small personal first aid kit – band-aids, moleskin, tape, aspirin, antacid tablets

Toothbrush and toothpaste - small tube

Toilet paper in zip-lock bag with matches

Personal camp solar shower (optional)

Lightweight headlamp with fresh batteries

Butane lighter

Small pocket knife
Camera (optional)

*Car camping gear may include cup, bowl and spoon, folding chair, cooler with drinks, solar shower and whatever you want.

ASI PROVIDES

All group guiding equipment, Ortovox avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits, tents, stoves and cook kits. **Highlighted** ski and mountaineering gear are also provided with advanced reservations ([See Rental Form](#)).

FOOD

ASI will provide 5 breakfasts, 5 trail lunches and 4 dinners.

Dinners Friday and Sunday evening will be in restaurants on Hwy 395 and will not be included in the course cost.

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