



## THE BUTTERMILK CAMP EQUIPMENT LIST

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

### SKIING GEAR

Alpine Touring Skis – approx. 90-100mm at waist recommended.

Alpine Touring Bindings (*Fritschi or Dynafit are most popular*)

- or -

Telemark Skis – approx. 90-100mm at waist recommended

Telemark Binding – preferably a telemark touring binding allowing resistance-free pivot for touring (*Black Diamond 01, G3 Targa Ascent or Targa Ascent SS, 7<sup>th</sup> Power Tour, Voile Switchback*)

- or -

Splitboard with touring bindings and collapsible 3-section poles

*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 Mountaineering/Ascent Pack (20-40 liter) with a strap system to carry skis

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

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

*(included with course, reservation required)*

Light ski mountaineering harness

*(included with course, reservation required)*

1 Locking screwgate carabiner, small pear shaped best

*(included with course, reservation required)*

Boot crampons

*(included with course, reservation required)*

Ski crampons

Ski strap – to carry skis

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

### SNOW SAFETY GEAR

Transceiver – 3 antenna digital recommended with fresh batteries

Probe

Shovel

*(These items are included with course, reservations required)*

### CAR CAMPING GEAR

Sleeping Bag: 20° F or warmer

Comfortable Sleeping Pad

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

## **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, 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

*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  
Lightweight headlamp with fresh batteries  
Butane lighter  
Small pocket knife  
Camera (optional)  
Small 2-way FRS radio (optional)

## **ASI PROVIDES**

All group guiding equipment, 3-antenna digital avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits, tents, stoves, fuel, cook kits, and 1 dinner.

## **FOOD**

Breakfasts: We will provide boiling water for quick breakfast to allow very early starts.

Variation in taste 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 2 breakfasts and 3 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 lowfat 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 electrolyte replacement drink mix per day (optional, but recommended)

**Alpine Skills International**

11400 Donner Pass Rd.

Truckee, CA 96161

[www.alpineskills.com](http://www.alpineskills.com)

asi@alpineskills.com

530-582-9170 office 866-833-2483 fax