TELEMARK & BACKCOUNTRY SKI CAMP
EQUIPMENT LIST

SKIING GEAR
Contemporary Telemark Skis (convertible free-hinge touring binding optional) with ski brakes or safety straps
Telemark Boots – 3 or 4 buckle, medium stiff
Alpine length ski poles (adjustable length optional)
Ski Helmet (optional)

High quality Rentals available at The Back Country (reservation required – 530-582-0909)

Pack
Ski pack (20-30 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional)

Rentals available, reservations required from ASI

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:
- Ski Jacket and pants (hard or soft shell)
- Fleece or wool pullover
- Light wool or fleece hat
- Fleece neck gaiter for storm conditions
- 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 – 30 SPF or greater (small amount in squeeze bottle)
Lip balm – 30 SPF or greater
Camera (optional)

FOOD
Bring lunch food for 1 day, including quick-energy snack foods such as energy bars and similar, or lunch is available in the Sugar Bowl Cafeteria.
ASI PROVIDES
All group guiding equipment, avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits.