



**BERNESE OBERLAND
EQUIPMENT LIST**

SKIING GEAR

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

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

SKI MOUNTAINEERING GEAR

Ski crampons

Boot crampons - light alloy ok (rentals available from ASI, reservations required)

Ice Axe (50-60m) – ultra light ok (rentals available from ASI, reservations required)

Light ski harness (rentals available from ASI, 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

SNOW SAFETY GEAR

Avalanche Transceiver (457 kHz) with fresh batteries, spare batteries

Probe

Shovel – small touring shovel best

If you don't own these items ASI will provide them (reservations required)

Pack

Ski pack (40 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional, but recommended)

Rentals available from ASI, reservations required

CLOTHING

Next to skin layers:

Short sleeve T-shirts (2 pr.) – 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 (2 pr.)– 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 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
½ liter steel thermos (optional)
Sunglasses with side shields and retainer
Goggles with light lenses for storm conditions
Sunscreen – 30 SPF or greater (small amount in squeeze bottle)
Lip balm – 30 SPF or greater
Small personal first aid kit – Moleskin tape (protective heel applications required),
bandaids, aspirin, personal meds
Small toilet kit – toothbrush, toothpaste, 8-10 washn’drys, razor, small liquid soap,
small deodorant
Camera (optional)
Small hand towel
Light headlamp with fresh, long lasting batteries
Small pocket knife
Ear plugs

TRAVEL NEEDS

Ski Bag
Medium zippered duffel bag with pad lock (do not lock on airline flight)
Clothing and footwear appropriate for winter continental travel
Passport, Passport pouch
Rescue Insurance information
Credit Card

FOOD ON TOUR

ASI will provide breakfasts and dinners along the tour. When we arrive at each hut in the afternoons, ASI will provide a round of hot water. Participants can make their own tea, instant coffee or other hot drinks to re-hydrate. Other drinks including beer, wine or additional water may be purchased individually.

Lunch Food:

Snack lunch food items can easily be purchased in Interlaken, additional chocolate bars can also be purchased at the huts along the way. Some people may wish to bring certain

products they are familiar with from the United States such as energy bars or drink mixes. We request each person calculate their lunch food carefully for the amount they will need. High carbohydrate and caloric value are recommended.

ASI PROVIDES

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

Alpine Skills International

11400 Donner Pass Rd.

Truckee, CA 96161

www.alpineskills.com

asi@alpineskills.com

530-582-9170 office 530-582-9175 fax