



**CARSON PEAK  
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, 7<sup>th</sup> 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 (optional, but recommended) Their use will be taught on the course.

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

Ice Axe – 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

**Pack**

Ski pack (30-40 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional, but recommended)

**Snow Safety Gear**

Avalanche Transceiver (457 kHz) with fresh batteries, probe, shovel (these items will be provided by ASI if you don't have your own)

*Rentals available from ASI, 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 – 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.

**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](http://www.alpineskills.com)  
asi@alpineskills.com

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