



**SUGAR BOWL TO SQUAW VALLEY  
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 crampons

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)*

**SNOW SAFETY GEAR**

Avalanche transceiver with fresh batteries, probe and shovel if you own them otherwise, will be provided by ASI

**SKI CAMPING GEAR**

Ski Mountaineering/Ascent Pack (40-50 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional, but recommended)

Sleeping Bag: 20° F light down (ideally under 2 lbs.)

0° F bulky sleeping bags not recommended

Small sil cloth compression stuff sack recommended

Light Thermarest or closed cell foam (3/4 length – full length thick, bulky pads not recommended)

**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

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  
Light down booties (optional)  
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  
12-24oz. Lexan cup  
Lexan spoon  
Water purification – Iodine tablets, tincture of iodine in small plastic dropper bottle  
Sunglasses with 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 – bandaids, moleskin, tape, aspirin, antacid tablets  
Toothbrush and toothpaste - small tube  
Toilet paper in zip-lock bag with matches  
Light headlamp with fresh batteries  
Butane lighter  
Small pocket knife  
Camera (optional)  
Small 2-way FRS radio (optional)

## **ASI PROVIDES**

All group guiding equipment, avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits, shelters, stoves, cook kits, and 1 dinner.

## **FOOD**

Variations in tastes 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 1 breakfast and 2 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 drink mix for 2 days

### **Alpine Skills International**

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