



HAUTE ROUTE PREP EQUIPMENT LIST

SKIING GEAR

Alpine Touring Skis – around a 90mm waist is recommended.
Alpine Touring Bindings (Dynafit and Fritschi are most popular)

- or -

Telemark Skis – around a 90mm waist is recommended.
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
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

Please reserve your gear rental needs with ASI (530-582-9170)

SKI MOUNTAINEERING GEAR

Ski crampons (optional, but recommended) Their use will be taught on the course.
Boot crampons - light alloy ok (*Included with course, reservations required*)
Ice Axe – ultra light ok (*Included with course, reservations required*)
Light ski harness (*Included with course, 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
(*General pack included with course, 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 – 50+ SPF (small amount in squeeze bottle)
Lip balm – 50+ SPF
Camera (optional)

FOOD

Bring lunch food for 3 days, including quick-energy snack foods such as energy bars and similar. Or, purchase lunch items at a Sugar Bowl Cafeteria.

ASI PROVIDES

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