



**VALDEZ SKI MOUNTAINEERING  
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 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 (30 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**

1-2 Liter water container or hydration system and 1 liter plastic (Lexan) water bottle for multi-day Tour option  
Sunglasses 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  
Camera (optional)  
Light headlamp with fresh, long lasting batteries (mini emergency light ok with long days)  
Small pocket knife  
Ear plugs

#### **TRAVEL NEEDS**

Toilet kit – toothbrush, toothpaste, razor, soap, deodorant and personal meds  
Ski Bag  
Medium zippered duffel bag with pad lock (do not lock on airline flight)  
Clothing and footwear appropriate for spring conditions  
Credit Card

#### **MULTI-DAY TOUR OPTION**

The following items are necessary only if prior arrangement has been made to participate in a multi-day tour with overnight tent camp bivouacs:

#### **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)  
Cup – large enough for 16oz. serving

## **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 3 breakfast and 5 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 low-fat 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

*Food items are available at Von's in downtown Valdez.*

## **GROUP GEAR PROVIDED BY ASI**

Tents  
Stove, fuel, cookpot  
Group first aid kit  
Group repair kit  
Communications  
Emergency improvised rescue sled  
Ski rope  
Glacier gear

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