



**ESHA 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, 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 – ultra light ok (rentals available from ASI, reservations required)

Light ski harness (rentals available from ASI, reservations required)

1 Locking screwgate carabiner, small pear shaped best

(included with course, reservation required)

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.

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