



**MT LANGLEY 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, 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

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, 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
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 2 dinners.

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 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

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