



ADVANCED TELEMAR EQUIPMENT LIST

SKIING GEAR

Contemporary Telemark Skis & Bindings – approx. 80mm waist or wider recommended
with ski brakes or safety straps
Telemark Boots – 3 or 4 buckle, medium stiff
Alpine length ski poles
Ski Helmet (optional)

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

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:

Ski Jacket and pants (hard or soft shell)
Fleece or wool pullover
Light wool or fleece hat
Fleece neck gaiter for storm conditions
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

Sunglasses
Goggles, light lenses for storm conditions
Sunscreen – 30 SPF or greater (small amount in squeeze bottle)
Lip balm – 30 SPF or greater

FOOD

Bring lunch food for 1 day, including quick-energy snack foods such as energy bars and similar. Lunch is also available in the Sugar Bowl Cafeteria.

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