



XCD BACKCOUNTRY SKIING EQUIPMENT LIST

SKIING GEAR

Contemporary waxless, metal edge XCD skis (Karhu Guide, 10th Mountain or similar)
75m 3pin bindings or similar
Telemark touring boot (Karhu XCD Traverse, Garmont Excursion or similar 75mm soled boot)

*This equipment rental from **The Back Country** is included with this course.*

Pack

Ski pack (20-30 liter)

*This equipment rental from **ASI** is included with this course.*

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, Marmot 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, group first-aid, emergency and repair kits.

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