

INTRO TO BACKCOUNTRY SKIING EQUIPMENT LIST

SKIING GEAR

Alpine Touring Skis – approx. 90-100mm at waist recommended.
Alpine Touring Bindings (*Fritschi or Dynafit are most popular*)

- or -

Telemark Skis – approx. 90mm at waist recommended.
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, 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 & Dynafit make a combination ski and climbing rated helmet.

PACK

*Ski pack (25-35 liter) with a strap system to carry skis
(*Black Diamond packs with built-in Avalung optional, but recommended*)

Gear Rental reservations required from ASI at time of registration.

AVALANCHE SAFETY GEAR

*Transceiver – 3 antenna digital recommended
*Probe
*Shovel

**These items are provided by ASI if you don't have your own.*

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 – 50+ SPF (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.