



## EUROPEAN HAUTE ROUTE EQUIPMENT LIST

### SKIING GEAR

Alpine Touring Skis - 90mm – 100mm waist  
Alpine Touring Bindings (Dynafit or Fritschi)

- or -

Telemark Skis – 90mm – 100mm waist  
Telemark Binding – preferable a telemark touring binding allowing resistance-free pivot for touring (Black Diamond 01, G3 Targa Ascent or Targa Ascent SS, 7<sup>th</sup> 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 – 3-section collapsible poles are convenient for travel and packing (optional)  
Climbing skins – maximum width to shape of ski recommended  
Ski strap – to carry skis

*High quality Rentals available at **The Back Country** (reservation required – 530-582-0909)*

### SKI MOUNTAINEERING GEAR

Ski crampons – must fit bindings and ski width  
Boot crampons - light alloy ok (rentals available from ASI, reservations required)  
Ice Axe (50-60m) – ultra light ok (rentals available from ASI, reservations required)  
Light ski harness (rentals available from ASI, reservations required)  
1 locking screw-gate, pear shaped carabiner  
1 24" sewn sling

### SNOW SAFETY GEAR

Avalanche Transceiver (457 kHz), less than 5 years old with fresh batteries as well as spare batteries  
Probe  
Shovel – small touring shovel best

*If you don't own these items ASI will provide them (reservations required)*

### Pack

Ski pack (40 liter) with a strap system to carry skis (Black Diamond packs with built-in Avalung optional, but recommended)

*Rentals available from ASI, reservations required*

### CLOTHING

#### Next to skin layers:

Short sleeve T-shirts (2 pr.) – light merino wool (recommended for reduced odor retention)

Long sleeve light merino wool or zip t-neck  
Merino wool or capilene briefs (3 pr.)  
Merino wool or capilene light long Johns  
Ski socks (2 pr.)– 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 alpine windshirt or Nano Puff (optional)  
Light outer rain jacket  
Light wool hat  
Light neck gaiter (European buff or fleece)  
Sun hat – with visor  
Gloves – medium weight, warm ski gloves and 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  
½ liter steel thermos (optional, but strongly recommended)  
Sunglasses with side protection  
Goggles with light lenses for storm conditions  
Sunscreen – 50+ SPF (small amount dispensed in squeeze bottle)  
Lip balm – 50+ SPF  
Small personal first aid kit – Moleskin tape (protective heel applications recommended),  
bandaids, aspirin, personal meds  
Small toilet kit – toothbrush, toothpaste, 8-10 washn’drys, razor, small liquid soap,  
small deodorant  
Camera (optional)  
Small hand towel  
Light headlamp with fresh, long lasting batteries  
Small pocket knife  
Ear plugs

#### **TRAVEL NEEDS**

Ski Bag  
Medium zippered duffel bag with pad lock (do not lock on airline flight)  
Clothing and footwear appropriate for winter continental travel  
Passport, Passport pouch  
Rescue Insurance information  
Credit Card

#### **FOOD ON TOUR**

ASI will provide breakfasts and dinners along the tour. When we arrive at each hut in the afternoons, ASI will provide a round of hot water. Participants can make their own tea, instant coffee or other hot drinks to re-hydrate. Other drinks including beer, wine or additional water may be purchased individually.

#### **Lunch Food:**

Snack lunch food items can easily be purchased in Chamonix for the first 2 ½ days of the tour, then again in Verbier for the final 3 ½ days of the tour. Some people may wish

to bring certain products they are familiar with from the United States such as energy bars or drink mixes. We request each person calculate their lunch food carefully for the amount they will need. High carbohydrate and caloric value are recommended.

**ASI PROVIDES**

All group guiding equipment, avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits.

**Alpine Skills International**

11400 Donner Pass Rd.

Truckee, CA 96161

[www.alpineskills.com](http://www.alpineskills.com)

[asi@alpineskills.com](mailto:asi@alpineskills.com)

530-582-9170 office 866-833-2483 fax