



## **SIDECOUNTRY EQUIPMENT LIST**

### **SKIING GEAR**

Bring your own Alpine ski boots and poles. We will adjust state-of-the-art alpine touring skis and bindings (K2 Coombacks & Marker Duke) to fit your boots. Climbing skins provided.

**- or -**

Bring your own Alpine Touring or Telemark skis, boots, climbing skins and poles.

### **SPLITBOARD GEAR**

Bring your own snowboard boots and we will set you up with a splitboard, convertible binding, skins and 3-section collapsible poles.

**- or -**

Bring your own Splitboard, bindings, boots, climbing skins and poles.

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

Ski Helmet (optional) – CAMP makes a combination ski and climbing rated helmet

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### **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, Mammut or similar or ski pants  
Puff jacket (nylon with synthetic insulation) or ski jacket  
Light outer shell (*waterproof/breathable jacket and pants*)  
Light wool 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**

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**

You can purchase lunch at the Judah Lodge Cafeteria. Or, bring your own lunch. Bring a few energy bars for the backcountry as well.

## **ASI PROVIDES**

All group guiding equipment, avalanche transceiver, probe, shovel and ski pack, group first-aid, emergency and repair kits.

### **Alpine Skills International**

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