



**SKI EXTRÊME & BACKCOUNTRY STEEPS
EQUIPMENT LIST**

SKIING GEAR

Alpine skis, bindings, boots and poles

SKI MOUNTAINEERING GEAR (all included with course)

Ski pack (20-30 liter) with a strap system to carry skis

Ice Axe – ultra light ok

Light ski harness

1 locking screw-gate, pear shaped carabiner

1 24" sewn sling

SNOW SAFETY GEAR (all included with course)

Avalanche transceiver (457 kHz)

Probe

Shovel

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 or similar

Ski socks – wool/nylon blend or similar

Outer layers:

Ski parka and pants

Soft-shell jacket (lightly insulated) or fleece pullover or full zip

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 2 days, including quick-energy snack foods such as energy bars and similar (or lunch is available at the Sugar Bowl Cafeteria).