



**INTRO TO TELEMAR
EQUIPMENT LIST**

SKIING GEAR

Contemporary Telemark Skis – approx. 80mm waist recommended with ski brakes or safety straps

Telemark Boots – 3 or 4 buckle, medium stiff

Alpine length ski poles

Ski Helmet (optional)

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

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:

Ski Jacket and pants (hard or soft shell)

Fleece or wool pullover

Light wool or fleece 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

Sunglasses

Goggles with light lenses for storm conditions

Sunscreen – 30 SPF or greater (small amount in squeeze bottle)

Lip balm – 30 SPF or greater

FOOD

Bring lunch food for 1 day, including quick-energy snack foods such as energy bars and similar, or lunch is available in the Sugar Bowl Cafeteria.

Alpine Skills International

11400 Donner Pass Rd.

Truckee, CA 96161

www.alpineskills.com

asi@alpineskills.com

530-582-9170 office 530-582-9175 fax