



**TELEMARK FREERIDE & FREESTYLE with Lorenzo Worster  
EQUIPMENT LIST**

**SKIING GEAR**

Contemporary Telemark Skis & Bindings – approx. 80mm waist or wider 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, 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.