



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Alps Ski Touring Equipment List

It is important that you have everything on the list below. On all of our Alps hut to hut touring trips, we go extremely lightweight and it's important to your enjoyment, and everyone's else's enjoyment that you go as lightweight as possible. We only bring what is needed and nothing extra. If you have questions about gear just give us a call at 877-686-2545

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

### Ski Gear



#### Skis

Alpine touring or Telemark skis no wider than 98cm wide underfoot without a lot of tip and tail rocker. Ideally you want a relatively shorter ski that is around 88-92 wide underfoot. Skis that are over 100cm underfoot just do not tour well and are not efficient for the style of touring we do in the alps.

**Example:** [Black Diamond Helio 88 Carbon Ski](#) or [Dynafit Tour 88 Ski Women](#)



#### Skins

Some ski manufacturers make skins precut for your skis. Otherwise they need to have coverage over most of the ski. The edge needs to be showing but no base showing between the edge of the ski and the skin for about 80% of the ski's length.

**Example:** [Black Diamond Ascension STS Climbing Skin](#)

#### Bindings



Alpine touring or telemark bindings. For AT, the pin style toes are the lightest and tour the best.

**Example:** [Salomon S/Lab Shift MNC 13](#)



### Ski Boots

Lightweight 2-3 buckle touring boots are the best, but any alpine touring or Telemark boot will do.

**Example:** [Salomon S/lab MTN](#) or [Dynafit Hoji Pro Tour W](#)



### Ski Poles

A lightweight pole is best. Adjustable is preferred.

**Example:** [Black Diamond Compactor Ski Poles](#)



### Ski Crampons

Alpine Touring binding companies all make a ski crampon to fit their bindings. For Tele Bindings, there are some adapters that mount to your ski to slide a ski crampon on.

**Example:** [Dynafit Crampons 100MM](#)

## Technical and Avalanche Safety Gear

We can provide all your technical and avalanche safety gear, if needed!



### Avalanche Probe **\*(We can Provide)**

A probe of 2-3 meters in length is fine.

**Example:** [Black Diamond Quickdraw Tour Probe 280](#)



### Avalanche Transceiver **\*(We can provide)**

A simple device with smooth features that you can use easily. Make sure to check the functionality of your transceiver prior to your trip and change batteries often.

**Example:** [Black Diamond Recon BT Avalanche Beacon](#)



### Backcountry Shovel

A lightweight and collapsible design for avalanche rescues.

**Example:** [Black Diamond Deploy Shovel](#)



### Crampons

Lightweight aluminum 10-point boot crampons are preferred. Some of the best ski boot crampons are aluminum with steel front points.

**Example:** [Black Diamond Neve Crampon](#)



### Ice Axe

You must have a short ice axe regardless of your height. No longer than 60cm, 50-55cm is preferred. Skiing with a long ice axe on your pack is not a good idea.

**Example:** [Black Diamond Raven Ultra Ice Axe](#)



### Harness

A lightweight climbing harness that is easily packable.

**Example:** [Black Diamond Couloir Harness](#)



### 2 Locking Carabiners

Must be pear shaped.

**Example:** [Petzl Attache](#)



### 13-19cm Ice Screws \*(We can provide)

**Example:** [Petzl Laser Speed Light](#)



### 48 inch Sewn Runner/Sling

**Example:** [Black Diamond Nylon Runner](#)



### Ski Strap

To connect your skis together. Makes traveling a little easier.

**Example:** [Black diamond Ski Strap](#)



### Backpack

An internal frame backpack 30-35 liters in size No bigger than 45 liters. Ice Axe loops are preferable.

**Example:** [Black Diamond Mission 35 Pack](#)



### Two- 1 Liter Wide Mouth Water Bottles

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles. No tubing features they will freeze.

**Recommended:** [Nalgene 1-liter Wide Mouth Bottle](#)



### Full Wrap Sunglasses or Glacier Glasses

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate

**Example:** [Julbo Montebianco](#)



### Ski Goggles

A good fitting pair of goggles make sure to have glacier glasses or full wrap sunglasses as well so you can take your goggles off when you're hot.

**Example:** [Smith Showcase OTG Asia Fit](#) or [Giro Axis Goggle](#)



### Headlamp

It's essential to have light for early morning rises and nighttime reading.

**Recommended:** [Black Diamond Sprint 225 Headlamp](#)

## Clothing

Try to choose lighter weight items when selecting your clothing and gear. If you keep this in mind, your overall pack weight and size will be reduced. This will make the tour (and the turns) infinitely more enjoyable.

### Outer Waterproof Shell Jacket (hard shell) with Hood



A lightweight Gore-Tex jacket with no insulating layer.

**Example:** [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)

### Ski Pant (soft shell)



A lighter weight non-waterproof pant that breathes much better than waterproof pants. This is what you will be wearing the whole time. The Gore-Tex long underwear combo just does not work well.

**Example:** [Arc'teryx Shashka Pant](#)

### Lightweight Long Underwear Base Layer Bottom



Choose a synthetic or wool. Cotton will not be acceptable.

**Example:** [Ridge Merino Men's Aspect Midweight Merino Wool Base Layer Bottom](#) or [Patagonia Women's Capilene® Thermal Weight Bottoms](#)

### One Lightweight Long Underwear Base Layer Top



Choose a synthetic or wool long sleeve.

**Example:** [Ridge Merino Women's Aspect Merino Wool High Neck Top](#) or [Under Armour Men's Cold Gear® Fitted Crew](#)



### **Insulating Layer- Lightweight**

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

**Example:** [Patagonia Women's and Men's R1® Fleece Pullover](#)



### **Insulated Down or Synthetic Jacket**

Down or synthetic fill puffy parka. Down is lighter weather in the High Sierra can vary

**Example:** [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)

### **One Synthetic T-Shirt**

A wool or synthetic T-shirt to keep your body temperature regulated.

**Example:** [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



### **Warm Hat**

A wool or synthetic hat that's not too bulky.

**Example:** [Black Diamond Merino Beanie](#)



### **Sun Hat or Ball Cap**

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

**Example:** [Patagonia P-6 Logo LoPro Trucker Hat](#)



### **2 Pairs of Ski Socks**

Very thin ski socks.

**Example:** [Eurosock Ski Lite](#)



### **Insulated Glove- Mid Weight**

Water resistant and wind proof and highly insulated.

**Example:** [Black Diamond Spark powder Gloves](#)



### **Lightweight Glove**

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

**Example:** [Black Diamond lightweight fleece gloves](#) or [Mammut Fleece Pro Glove](#)





## **Buff**

Can be used for many things including a neck warmer and face mask

**Example:** [Buff Midweight Merino Wool](#)

## **Travel Clothing**

### **Lightweight town/hut shirt (optional)**

Good to change into after a day of skiing, can be cotton or synthetic

### **Very Lightweight and packable town/hut shoes**

Sanuks work great for this!

## **Other Important Items**

### **Sunscreen**

A must whenever exposed outdoors choose a 30 SPF or higher.

### **Lip Balm**

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

### **Small Personal Kit**

Personal medications, blister kit, etc. (the guide will have a full first aid kit)

### **Baby Wipes**

Great for washing up after the day but must be packed out.

### **A Couple Small Ziploc Bags**

For packing trash out and keeping important items clean.

### **Stuff Sacks**

For organization of pack contents.

### **Foam Ear Plugs**

For hut noise... trust me, you'll want these

### **Sleeping bag liner**

The hut's provide bedding, but it is mandatory to have a liner. Silk is best.

### **Pocket Knife**

Swiss Army type knife.

### **Toilet Paper**

A small amount.

### **Snacks**

These can also be purchased in the towns and huts.

### **Optional**

**Compass**

**GPS**

**Camera**

**Polypro Liner Sock (2 Pairs)**

**Skin/Ski wax ("Glob Stopper" for the skins and glide wax for the skis)**

**Ski Helmet**

**Lightweight Wind Shirt**

**Gore-Tex or other lightweight waterproof/ breathable pants**

Full or  $\frac{3}{4}$  zipper preferred, must be very lightweight.

**Maps**

Best to purchase in Europe.

This list just includes gear and clothing for the actual ski tour and does not include travel and extra town clothing. It is nice to have a selection of cotton clothing for in-town.

If you have questions about what to bring give us a call at 877-686-2546