



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Ski Mountaineering Equipment List

is extremely important to the success and safety of your course that you bring all the items listed below. The weather can vary dramatically. Be prepared to encounter all types of conditions. Any questions give us a call at: 877-686-2546

*The items noted with an * can be provided at no cost by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

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 105mm wide underfoot without too much tip and tail rocker.

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 skis 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, but there are other styles as well.

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 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](#)



Ski Poles

A lightweight pole is best.

Example: [Black Diamond Helio Fixed Length Carbon Ski pole](#)

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 you trip and change batteries often.

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



Backcountry Shovel ***(We can provide)**

A lightweight and collapsible design for avalanche rescues.

Example: [Black Diamond Deploy Shovel](#)



Crampons ***(We can provide)**

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 ***(We can provide)**

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 ***(We can provide)**

A lightweight climbing harness that is easily packable.

Example: [Black Diamond Couloir Harness](#)



2 Locking Carabiners ***(We can provide)**

Must be pear shaped.

Example: [Petzl Attache](#)

Other Gear



Headlamp ***(We can provide)**

It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.

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



Ski Strap

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

Example: [Black diamond Ski Strap](#)



One- Liter Wide Mouth Water Bottles ***(We can provide)**

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](#)



Backpack *(We can provide)

An internal frame backpack about 55 liters in size. Make sure it fits to your specifications

Example: [Black Diamond Mission 55 pack](#)

Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

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 probably be wearing most of the time.

Example: [Arc'teryx Shashka Pant](#) or [Patagonia Men's Powlayer Pants](#)



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](#)



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](#)



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](#)

Other Items

Gear that will make your trip run a lot smoother.

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.

Compass

For practice.

Stuff Sacks

For organization of pack contents.

Camera (optional, but you'll want one!)

Pocket sized is best. Of course, a smart phone will suffice.

Lunch Food and Snacks

Please bring lunches and snacks for all of the trip days. Bring a blend of protein and carbohydrates.