



Sierra Ski Touring Equipment List

If you have any questions about equipment or items on (or not on) this list please don't hesitate to call and ask our advice. Every trip will start with a pre-trip session to fine tune our packing. There will be a thorough equipment check at this session so don't plan on finalizing your pack until then. In order to help you maximize your performance and enjoyment on your trip we will be eliminating as much non essential gear as possible; please try to pack carefully and stick to the gear list.

Items marked with a * are items that we rent or are available through a local shop. SMC does not rent ski equipment, but we work with Mammoth Mountaineering (760 934 4191) to get you set up on the correct equipment. MMS has a very wide range of rental equipment that is probably the best you will find anywhere in California. All gear is state of the art, well tuned and rental fees are deductible if you buy a set up from them. (We highly recommend renting before you buy so as to find what suits you best, since a full setup is pretty pricy). We can coordinate the rental but suggest you arrive Mammoth the night before since proper boot fitting takes some time.

Essentials

- Skis*. Metal edge telemark mountaineering skis or alpine touring skis are essential. Better too short than too long. Get them tuned and check the bindings for tightness and boot fit prior to the trip. Starting the trip with a good base wax is essential.
- Boots*. Stiff, high-top leather boots in good condition are OK if that is what you have but plastic shells are state-of-the-art for the millennium. Scarpa T-2, T 3 and the Garmont Syner-G are examples of good telemark boots. Examples of good alpine touring boots are the Scarpa Matrix or Avant (the Avant Lady or the Magic for women), Garmont Mega Rides or Dynafit boots. Make sure the boots are a comfortable fit for walking as well as skiing.
- Climbing skins*. These should be close to the width of the ski's waist. Make sure the glue is in good shape.
- Poles*. Telescoping styles are best.
- Internal frame backpack. 4000-5000 cubic inches is the minimum and if your gear is compact this is a good size
- Sleeping bag and pad. A good set up is a 10-20 degree down bag, full length foam pad and an Ultralite 3/4 Thermarest. A compression stuff sack for your bag will buy you some room in the pack especially if you have a synthetic bag.
- Shovel*. If you do not have one we will provide it.
- Avalanche beacon*. If you do not have one we will provide it.
- Avalanche probe*. If you do not have one we will provide it.

Clothing

- 2 pair synthetic liner socks.
- 2 pair heavier synthetic or wool blend socks. Some people like to use using vapor barrier or neoprene socks.
- Gaiters. These are not necessary if the shell pants come down well over the boot or have an internal gaiter.
- Long underwear top and bottom. Capilene or some other synthetic is most desirable.
- Warm pants. Tights or Expedition weight Capilene.
- Warm shirt. Expedition Capilene or light Synchilla.
- Another fuzzy sweater top of some sort.
- Light down jacket; synthetic fill is second choice. This is optional & can replace the previous item.
- Waterproof pants and jacket. Preferably Goretex or similar and of good quality with a hood. Do not skimp on your rain gear.
- Warm hat that covers the ears.
- Visor hat (for sun).
- Bandanna for facial and neck sun protection.
- Liner gloves. Midweight capilene or Windstopper style.
- Shelled gloves or mittens.
- Long sleeve lightweight white shirt for sun protection. Stylish Hawaiian patterns are the guide's favorites.
- Down booties for wearing around camp.

Etc.

- Sunglasses, high quality with keeper leash. Side shields are recommended. If you wear corrective glasses you might want a second pair in case of breakage.
- Ear plugs for noisy tents.
- Personal kit; tooth brush, etc.
- Sunscreen and lipscreen. A 1oz. bottle of SPF 30+ will be sufficient. Make sure the lipscreen actually contains a sunscreen.
- Two 1-quart plastic water bottles with insulating jackets.
- A 1-quart plastic water pee-bottle is handy if you do not want to get up in the middle of the night. Ladies might consider pee funnels.
- Personal first aid kit, foot care, and any required medications. We will have a large group medical kit; go light on your own kit. Bring plenty of blister treatment items.
- Headlamp with extra batteries and bulb.
- Camera and spare batteries. Spare film if using a film camera.
- Bowl, cup (insulated types are best), fork & spoon.
- A Swiss Army type knife.
- Large black plastic trash bag for gear storage outside of tents.
- Optional reading material etc.

Food

- We will provide breakfast, dinner and lunch. Bring some snack items like cliff bars, power bars, gorp concoctions. A day's worth for most people would be 2 bars & 3 ounces of gorp. Don't overdo it. Also bring your choice of favorite hot drinks for breakfast and dinner and water flavoring for bottles.

Group gear that will be provided and divided amongst the group prior to starting the trip:

- Food, tents, cooking gear, TP and any other group equipment.

Additional Items

Some advanced tours, such as the Monarch Divide, may require the below items. We will let you know prior to your trip so you can bring or rent them if they are needed.

- Lightweight ice axe*.
- Crampons*. They must be compatible with your boots which can be an issue with telemark boots. Check fit before the trip starts.

You specifically don't need

- ⊗ Cell phones. They rarely work and we carry a satellite phone for emergency use.
- ⊗ Big first aid kits (we have a comprehensive one).
- ⊗ Toiletries beyond those listed here. E.g. razors, deodorant etc.
- ⊗ Items that are not on this list.