



## **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 pricey). We can coordinate the rental but suggest you arrive in 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\*. 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.
- Ski Crampons\*. Make sure they fit!
- 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. A 10-20°F bag should be sufficient but if you are cold at night a sleeping bag liner can add significant warmth with minimal additional weight. We recommend a down-bag as opposed to a synthetic one due to weight difference. Pair this with a compression stuff sac to reduce volume.
- Sleeping pad. A 3/4 length Ultralight inflatable pad paired with a foam pad is our favorite combination. If bringing an inflatable pad also bring a repair kit to fix leaks.
- 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**

- 3 pairs of socks. 2 pairs to alternate while traveling, and a third pair for at camp. Nothing beats a fresh pair of socks in the backcountry. Blister prevention is crucial so the clean third pair for camp is excellent preventative care. Having 2 pairs to alternate also gives the opportunity to rinse and dry socks. A mid-weight, non-cotton ski specific sock is ideal. Low cut socks can wear the front of the shin.
- 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 Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- Bandanna for facial and neck sun protection.
- 1 lightweight pair of polypropylene or similar gloves.
- 1 warm hat/beanie. Synthetics are less itchy than wool.
- Sunhat. Better to cover up than just rely upon sunscreen.
- Shelled gloves or mittens.
- Long sleeve lightweight white shirt for sun protection. Stylish Hawaiian patterns are the guides favorites.
- Down booties for wearing around camp.

### **Etc.**

- Sun glasses. Good quality. If using prescription lenses consider a backup pair.
- Water carrying system with a capacity of 2-3 liters. We prefer bottles in insulated jackets to hydration system since they are less likely to freeze solid. Klean Kanteen style insulated bottles can double as a thermos.
- A 1-quart plastic water pee-bottle is handy if you do not want to get up in the middle of the night but label it well. Ladies might consider pee funnels.
- Headlamp. With a spare set of batteries.
- Eating & drinking equipment. Plastic sporks will break; titanium does not.
- Swiss army style knife. No giant "multi-tools".
- Personal toiletries including toothbrush, toothpaste (travel sized), baby wipes and floss. Keep it minimal.
- Hand sanitizer - a personal travel size bottle.
- Toilet paper. The used toilet paper will go in a paper bag, which then goes in a ziplock, which you carry in your pack.
- Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip screen actually contains a sunscreen.
- Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits so please don't go over board with your personal kits. If you tend to take NSAID's regularly please bring your own, or if your feet require constant blister attention please bring tape and moleskin.
- Camera, a spare memory card and battery. No big cameras please; compacts only.
- Plastic Trash Bag for keeping things in outside the tent should it rain.
- Reading material, journal or Kindle. Do not bring "War & Peace".
- Ear plugs. Handy to block flapping tents (or noisy partners).
- 1 watch with an alarm.

### **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 tours 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 often 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.