

AIARE Course Equipment List 2018

The purpose of this gear list is to help guide your purchases. While having your own gear is the most ideal so you can practice backcountry skills developed from our trips, we have touring skis w/ bindings, climbing skins, backpacks, beacon/shove/probes to rent for small daily fees. Don't hesitate to call us for more information on any of these items.

If there is an item you do not possess but need, nor do we have it available, contact Alpenglow Sports' Brendan Madigan at 530-583-6927 (w), 530-414-1472 (c), or Brendan@alpenglowsports.com. Located in Tahoe City, CA, Alpenglow Sports is a gear shop dedicated to great customer service and they have an unparalleled knowledge of the products they sell. Alpenglow Sports stocks or can quickly order everything you might need for your trip. And, of course, they will be happy to ship to your location if you are not in the Tahoe area. Let them know you are going on an Alpenglow Expeditions trip. They're familiar with our expeditions, gear preferences, and the mountains we climb.



Hat - Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection off of it from the sun is blinding.

Recommended: *Stylish Alpenglow Flatbrim*



Neck Gaiter (Buff) - A multi purpose neck gator that can also be worn under your hat. Make sure that it covers as much skin as possible and yet is still comfy.

Recommended: *Alpenglow Expeditions Neck Gaiter or Eddie Bauer Multiclava and the Original Buff*



Balaclava - We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.

Recommended: *Patagonia Balaclava*



Beanie - A comfortable, warm well-fitting hat that covers your ears. Make sure that one of your hats fits under a helmet.

Recommended: *Eddie Bauer Telemetry or Patagonia Lined Beanie*



Sunscreen - A sunscreen is a must for those sunny California days. We recommend bringing 55+ SPF sunscreen to reapply throughout the day.

Recommended: *Neutrogena Ultra Sheer Sunscreen Lotion - SPF 55*



Glacier Glasses - Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses. "Wrap" style is best. Ventilation is important and a retainer strap recommended (Chums or Croakies).

Recommended: *Kaenon Klay or Revo Guide II*



Helmet - Helmets are also a must during a ski tour excursion, a dedicated snow helmet is ideal.

Recommended: *Smith Vantage*



Goggles - These will be worn on stormy or windy days. Make sure you are getting a snug fit with lenses for bright sun. Ventilation and anti-fog features are recommended.

Recommended: *Smith I/O 7, or Julbo Universe Goggles*



Lightweight Glove - All-around gloves for mountaineering, backcountry skiing, and hiking. These gloves (and similar options) are warm, wind-resistant, durable and have a sure grip. You will rarely take these gloves off. They should be snug-fitting, and have some sort of reinforced palm.

Recommended: *Eddie Bauer Mountain Glove or Black Diamond basic work glove*



Midweight Gloves - These gloves should be full GORE-TEX®, and insulated. These will be your main glove for the trip until summit days, or when it gets especially cold.

Recommended: *Eddie Bauer Guide Glove, Black Diamond Spark, or Punisher*



Ski Sock A thin wicking sock that repels moisture. A dedicated ski sock will help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.

Recommended: *Ice Breaker Ski+ Compression*



Skis - A touring ski is preferred, but ultimately, finding a ski that suits your style and personal objectives will be best. Our guides suggest something between 95mm and 110mm underfoot. Keep in mind that extremely lightweight skis are great on the uphill, but can prove challenging in variable conditions. The Blizzard Zero G 108 is a personal favorite for our guides, paired with a low weight and exceptional downhill performance in any given condition.

Recommended: *Blizzard Zero G 108 Skis or Blizzard Zero G 95*



Alpine Touring Bindings - These need to be a touring specific binding with free heel mode for uphill travel, and are capable of handling black diamond terrain. Brakes are strongly encouraged. Frame bindings are also acceptable.

Recommended: *Dynafit Radical ST 2.0 Bindings, Marker Kingpin, or G3 Ion*



Skins - Many options are available, and are often comparable. Most important is to ensure your skins are trimmed properly for the ski you will be touring with. Skins with a secure tail clip are preferred.

Recommended: *Black Diamond Ascension Climbing Skin, Pomona Free 2.0*



Avalanche Rescue Shovel - A dedicated avalanche rescue shovel is required for all backcountry ski excursions. A lightweight, collapsible, metal shovel is the best option.

Recommended: *Black Diamond Deploy Shovel*



Avalanche Rescue Probe - An avalanche rescue probe is required for all backcountry ski excursions.

Recommended: *Black Diamond Quickdraw Tour Probe 240*



Avalanche Beacon - A digital transceiver that is simple to use or that you are extremely comfortable using.

Recommended: *Pieps DSP Sport, Mammut Element*



Ski Poles - Adjustable ski poles with powder baskets.

Recommended: *Black Diamond Traverse Poles*



Ski Boots - These need to be a touring specific boot with walk mode, and a rubber sole. Typically sized a bit larger than your regular alpine boot, and light weight and breathability are a huge plus. Be sure to try many pairs on to find the right fit; it can make or break a day in the mountains!

Recommended: *Tecnica Zero G Guide Boots, Zero G Guide Pro, Cochise series.*



Upper Body Light Weight - Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.

Recommended: *Eddie Bauer Quantum Short-Sleeve T-Shirt, or Patagonia Capilene 1 T-shirt and Icebreaker 150/200 weight shirt*



Mid Weight Layer - A poly-pro mid-layer that you will never take off. Fitted, light-weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.

Recommended: *Eddie Bauer Resolution IR 1/4 Zip*



Synthetic Jacket - A simple, lightweight synthetic jacket. This item is good for layering systems and the Primaloft keeps you warm when wet.

Recommended: *Eddie Bauer Ignitelite*



Water Resistant Shell Jacket - A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.

Recommended: *Eddie Bauer BC Alpine Light Jacket, or Patagonia M10 Jacket*



Light to mid-weight - Fitted and quick drying. This piece will be a base-layer that will get you through a wide range of temperatures.

Recommended: *Midnight FreeDry Merino Hybrid Baselayer, or Patagonia- Capilene 2 Bottoms and Icebreaker 200/260 weight*



Water Resistant Shell Pants - Water resistant, preferably GoreTex, ski pant shells.

Recommended: *Eddie Bauer BC Duraweave Alpine Pants*



Backpack - A lightweight, midsize ski pack (20-30L) is the recommended choice for day touring in California. A dedicated ski touring pack is recommended.

Recommended: *Black Diamond Dawn Patrol 25*



One 1 liter, wide mouth bottle.

Recommended: *Nalgene wide mouth Water Bottle*

GEAR CHECKLIST

- HAT
- NECK GAITER
- BALACLAVA
- SKIS
- BOOTS
- POLES
- CLIMBING SKINS
- BEACON
- SHOVEL
- PROBE
-
- BALACLAVA
- BEANIE
- HELMET
- GLASSES
- GOGGLES
- LIGHTWEIGHT GLOVES
- MIDWEIGHT GLOVES
- SKI SOCKS
- LIGHT WEIGHT TEE
- MID WEIGHT LAYER
- SYNTHETIC JACKET
- GORE TEX SHELL
- BASE LAYER BOTTOMS
- GORE TEX PANTS
- BACKPACK
- NALGENE
- SUNSCREEN
- LIP BALM
- FIRST AID KIT
- SNACKS
- HAND WARMERS