

# ALPENGLOW expeditions



## Introduction to Ski Mountaineering

This course is designed to take backcountry skiers beyond simple ski tours, and into the big mountains of the world. Taking his experience from skiing on the highest peaks of the world, Adrian Ballinger has distilled the important foundational ski mountaineering skills into one, action packed day. You will learn how to incorporate technical skills into your repertoire, in order to attempt bigger, more complicated ski objectives.

Skills covered:

- Steep skiing techniques
- basic snow and ice climbing techniques, including use of ice axe and crampons
- basic rope technical systems for glaciated terrain
- use of ski crampons

Difficulty: Strong intermediate to advanced skiing level required.



All programs directed by Adrian Ballinger  
AMGA - IFMGA Certified Mountain Guide



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877-873-5376 | PO Box 3122 | Olympic Valley | CA | 96146  
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### Price:

\$199, includes avalanche transceiver, probe and shovel

### Location:

Field sessions take place on Donner Pass, in Truckee, California. AlpenGlow operates in partnership with the Truckee Donner Land Trust and the Tahoe National Forest

### What to bring:

- Touring skis or snowboard with skins, boots, poles
- Avalanche transceiver, probe and shovel
- Backpack, 20-35 liters
- Food, water, sunscreen, lip balm
- Clothing
  - Under layers:
    - lightweight merino wool or synthetic long john top and bottom
    - lightweight merino wool or synthetic t-shirt
    - lightweight merino wool or synthetic briefs/ underwear
    - wool/ synthetic socks
  - Outer layers/ insulation:
    - Soft shell "guide pants", or hard shell goretex pants, conditions dependent
    - Soft shell jacket
    - Hooded puffy jacket (down or synthetic)
    - Hard shell jacket (waterproof/ breathable)
    - warm beanie
    - lightweight gloves with good dexterity
    - warm, waterproof gloves or mittens
- Misc:
  - sunglasses
  - goggles
  - camera

*Avalanche transceiver, probe and shovel are available from AlpenGlow for no charge*



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