



## **STEEP SKIING CAMP Equipment List**

### **Equipment provided by Steep Skiing Camps**

If you own any of the following items, you are welcome to bring them and use them during the camp as long as they are in good condition.

- ☐ Avalanche transceiver -- we provide and recommend the Backcountry Access Tracker or the Barryvox Pulse
- ☐ Climbing harness and 2 locking carabiners
- ☐ Shovel
- ☐ Avalanche probe
- ☐ Backpack - a 20-35 liter pack will work best. It must be able to carry a shovel and probe, some extra clothes, and your skis, but not be too big to ski with.

### **Ski Equipment**

The majority of the camp we will be skiing downhill, so most people prefer to bring "alpine boots." The newer "alpine boots" with rubber soles for walking on rocks are great but not necessary. Touring boots are usually not necessary do to the shorter lengths of the tours and the long descents. You'll definitely want high performance boots for the big vertical days. Some of the newer touring boots perform very well, as long as they work well for you. It is ideal, but optional to have skis with touring bindings. If you don't have touring bindings you will usually end up needing to rent skis at least one day out of the camp. If you have your own skins and ski crampons, bring them. If you don't have them, you can rent, if we need them.

- ☐ Skis – one pair must be minimum 85mm underfoot and maximum 105mm underfoot. If you would like to bring an additional pair of skis that is up to you – such as a fatter pair for the big days.
- ☐ Ski Boots - MUST FIT WELL. Be sure that your boots are comfortable and that you have skied in them before the camp.
- ☐ Poles -- adjustable poles are nice
- ☐ Goggles - at least 2 pairs, it also nice to have dark and light lenses
- ☐ Sunglasses

### **Clothing**

Bring weatherproof clothing! Think dry, warm, and breathable. The climate in the Alps is mild. You will spend much more time moving on the mountain than you will on a ski lift. It can be very cold and windy at 3800 meters where we get off the lift, and quite warm at the bottom of the runs at 1000 meters. The key to staying warm and dry is to have a good layering system. Try to avoid big thick layers.

- ☐ Hardshell Jacket -- lightweight, waterproof, w/ a storm hood
- ☐ Hardshell Pants -- lightweight, waterproof
- ☐ Midweight Jacket -- softshell or DriClima for warm weather
- ☐ Puffy Jacket -- lightweight down or synthetic insulated jacket (not too bulky)
- ☐ Fleece top -- lightweight fleece top (Windstopper fleece is not recommended)

- ☐ Long underwear top
- ☐ Long underwear bottoms or fleece tights (it is good to keep your legs warm to avoid knee injuries)
- ☐ Ski socks
- ☐ Ski Hat
- ☐ Neck gaiter or Buff
- ☐ Gloves -- at least 2 pairs
- ☐ Comfortable clothing for town

**Other Important Items**

- ☐ Passport
- ☐ Credit Card & Cash - Visa and MasterCard are accepted in many places, but you will need Euros for some of the smaller restaurants and bars. You will get a better exchange rate for cash if you get it from the ATM's in Europe than from a bank teller. Also, it is customary to purchase lunch for your guide, so factor that in.
- ☐ Electric plug adapters and/or transformers - be sure to double check the voltage and Hz before plugging things in!
- ☐ Travel insurance - highly recommended, because we cannot offer refunds!
- ☐ Personal health insurance