



SKI THE WHOLE MOUNTAIN EQUIPMENT LIST

SKIING GEAR

Alpine skis, bindings, boots and poles
Ski helmet (optional)

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene
Long sleeve light merino wool or capilene zip t-neck
Merino wool or capilene briefs or similar
Ski socks – wool/nylon blend or similar

Outer layers:

Ski parka and pants
Soft-shell jacket (lightly insulated) or fleece pullover or full zip
Wool or fleece hat
Fleece neck gaiter for storm conditions
Gloves – medium weight, warm ski gloves and/or light gloves for spring conditions

This is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

MISCELLANEOUS

Sunglasses
Goggles
Sunscreen – 50+ SPF
Lip balm – 50+ SPF
Camera (optional)

FOOD

Lunch is available at the Sugar Bowl Cafeteria.

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