



LA GRAVE STEEP CAMP - EQUIPMENT LIST

We supply the following equipment:

If you own any of the following, you are welcome to bring it and use it during the camp.

Avalanche transceiver: We provide a Backcountry Access Tracker avalanche transceiver to each person.

Shovel: We supply at least one Life-Link shovel to each group.

Probe poles or probes: We supply one set of Life-Link probes to each group.

Climbing harness: We supply each person with one Black Diamond harness.

Daypack for carrying extra gloves, goggles, hat, clothing, food and water, and skis on your back when hiking:
We supply a Life-Link "flat pack" to each person.

Helmet: Bring your own if you have one. We supply helmets, but they are heavy and hot compared to the newer helmets.

Recommended Equipment:

Weatherproof clothing!
Think dry, warm, and breathable.

The climate in La Grave is mild. You will spend much more time moving on the mountain than you will on a ski lift. The main ski lift we use in La Grave, the telepherique, is a covered lift, so you are not exposed to cold air or wind. This makes a good opportunity to eat, change goggles, and rearrange your layer

system.

It is surprising to see how many experienced skiers spend much of their day trying to figure out the optimal layering system -- one in which they do not overheat when skiing, but stay warm enough when first exiting the lift at the summit. Usually they are dealing with overheating/sweating and then chilling on the ski lift due to being overdressed. The Marmot layering system with their highly technical fabrics is the key to this problem.

Use the **layer system** to prevent overheating. Select specific Marmot items for your personal layering system, as we have. The temperature can vary dramatically from summit to valley floor.

You may be dripping with sweat at the bottom of the run, so dress prepared for that. Carry with you a neck gaiter and a vest. Wear a lightweight Gore-Tex or membrane coat (shell only) with Gore-Tex or membrane pants. Anything insulated will be too warm. With a shell, you can always add layers. Carry these layers in your backpack. Relative to New England and the Rocky Mountains, La Grave has a mild climate.

We recommend Marmot's products to keep you warm and dry! See Marmot's [website](#) for more information. Or [email us](#) for advice on any Marmot products.

Ski Coat: Gore-Tex or membrane, worn over a technical material shirt. Marmot has a large collection of these sorts of under layers. Think breathable when purchasing your under layer. Get a fabric that dries quickly when you sweat (you will sweat skiing during the camp!). A Marmot vest, for the ultimate layering system, can be carried in your backpack as an additional layer. A bright colored coat is advised for visibility purposes. Stay away from heavy clothes, material that doesn't breathe, and over-insulated clothes.

Ski Pants: Gore-Tex or membrane ski pant shell. Preferred features: internal gaiter, side zips for ventilation, lightweight breathable material.

Gloves: Ski mountaineering type gloves. Marmot has a great

collection of gloves. Get medium to lightweight gloves or they will be too hot.

Hat: Ski hat and headband. We sell lightweight Steep Skiing Camps hats.

Skis:

We recommend off-piste skis for powder and crud. An 80 mm waist or bigger is recommended. Some of the runs we will ski descend 7,000 vertical feet in off-piste terrain with variable snow conditions ranging from powder to crud to hard packed. You may choose to bring a stone and file to maintain your skis. Be prepared to hit rocks during the camp. Rocks do exist in the environments we ski, no matter how much snow there is.

The K2 Apache Chief, Seth Pistols, and Big Chief are great all terrain, crud and powder skis, without sacrificing performance. A limited supply of these skis and other similar skis are available to rent or buy in La Grave.

Bindings: If possible, use Diamir Fritschi Freeride randonee bindings or other randonee bindings. Otherwise, use a top quality alpine binding. You can rent skis with randonee bindings on the days we may do some "uphill skiing" if you don't have them already on your own skis. Bring ski touring skins if you have them, or rent or buy skins in La Grave.

Ski boots: top quality, good fitting and comfortable. This is your most critical piece of gear! Make sure you have skied in them many days before coming to La Grave. Custom foot beds recommended. Carry your ski boots on the plane with you. If your ski bag and luggage are lost, you can rent skis, but your own boots are hard to replace. If you prefer a mountaineering boot, we recommend Garmont's Adrenaline boot.

Fix any equipment problems before you leave home. If you need to buy new boots, do so as soon as possible, and ski in them as much as possible before you leave for La Grave.

Ski poles: Adjustable length poles will help when skating out of the valley flats after a big descent.

Goggles: Bring two pairs of top quality goggles with lenses for sunny weather and flat light. You need to carry an extra pair of goggles with you each day! Rose colored or orange lenses recommended.

Sunscreen: At least #20.

Chapstick: Dermatone can also help prevent frostbite.

Sunglasses: Good quality with ultraviolet protection.

Water bottle or CamelBak: Lightweight, leak proof, non-breakable.

Optional Items:

High Energy Bars: Power Bars, Cliff Bars, etc.

Camera.

Other Things to Bring:

Your passport.

Credit cards and cash: Visa and MasterCard are accepted in most places.

Exchange plenty of money to Euros before you arrive in La Grave, as the Post Office (the only place to exchange cash in La Grave) will be closed Sunday. Even during the week this is sometimes not possible with your busy ski schedule. You may wish to buy food at the ski area restaurant. After skiing you may want to buy beer at the local pub. In France, it is customary to purchase lunch for your guide.

Most stores and restaurants accept credit cards; however, in some small stores and restaurants, credit cards may not be accepted.

There is one ATM machine in La Grave where you can use your ATM card to withdraw Euros from your bank account. Occasionally this can be out of order.

Electric plug adapters for any electric appliance you will bring.

Electric transformers to reduce the amount of electricity to your appliance.

There is one computer in La Grave that you can use to access the Internet.

Insurance:

Travel insurance: If your luggage is lost, this insurance should cover the cost to rent skis, ski clothes and equipment, etc. If you are unable to attend the camp due to sickness, injury, work, etc, this insurance should cover the cost of the camp. We are unable to give any refunds after 60 days prior to the camp. Ask your insurance agent what your travel insurance covers.

We are sorry but we are not able to refund any money if you are unable to ski during the camp or to attend the camp.

Personal health insurance: Be sure your insurance covers you when overseas!

Doug Coombs contact info after January 15, 2006:

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