



**AIARE AVALANCHE LEVEL 1 LIFT  
EQUIPMENT LIST**

**SKIING EQUIPMENT**

Alpine Touring Skis – approx. 90mm at waist are recommended

Alpine Touring Bindings (Fritschi, Dynafit or Marker Tour, Baron or Duke are most popular)

**- or -**

Alpine Skis and boots with touring adapters (rentals available)

Telemark Skis – approx. 90mm at waist are recommended

Telemark Binding – preferably a telemark touring binding allowing resistance-free pivot for touring (Black Diamond 01, G3 Targa Ascent or Targa Ascent SS, 7<sup>th</sup> Power Tour or Voile Switchback)

**- or -**

Splitboard with skins or snowboard with snowshoes.

Ski brakes recommended over safety straps (binding dependent)

Alpine ski boots, alpine touring boots, heavy-duty telemark boots or snowboard boots

Ski poles – adjustable length (optional)

Climbing skins – maximum width to shape of ski recommended

Ski Helmet (optional) – CAMP makes a combination ski and climbing rated helmet

*High quality Rentals available at **The Back Country** (reservation required – 530-582-0909)*

**Previous backcountry touring experience is not necessary for this course.**

**PACK**

Approx. 30 liter day ski pack

**CLOTHING**

**Next to skin layers:**

Short or long sleeve T-shirt – light merino wool or capilene

Long sleeve light Merino wool or capilene zip t-neck

Merino wool or capilene briefs

Light-weight Merino wool or capilene long johns

**Outer layers:**

Soft shell jacket (lightly insulated) or fleece pullover

Light soft shell mountain pants (AKA “guide pants”) or ski pants

Puff jacket (nylon with light insulation or down jacket)

Outer jacket and pants (waterproof/breathable)

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Gloves – or mittens

Gaiters or In-the-pants gaiters

Bandana

**MISCELLANEOUS**

1-Liter Water container

Sunglasses with Retainer  
Goggles (light lens for storm conditions)  
Sunscreen – 50+ SPF recommended (small amount in small squeeze bottle)  
Lip Balm – 30 SPF recommended  
Emergency light headlamp (optional)

### **COURSE NEEDS**

New AIARE "Rite in the Rain" Field book (Required - available from ASI: \$20)  
2 Mechanical pencils  
Notepad

### **Snow Study Tools (optional/recommended)**

Dial Stem thermometer, crystal card, loupe (5x – 10x magnification)  
You will learn about these items during the course.

Ortovox avalanche transceivers, probes and shovels are provided if you don't already own your own.

### **PRE-COURSE PREPARATION**

Please view pre-course resource material on ASI's website:  
[www.alpineskills.com/avalanche1\\_res.html](http://www.alpineskills.com/avalanche1_res.html)

### **RECOMMENDED READING AND VIDEO VIEWING**

Books: *Backcountry Avalanche Awareness*, Bruce Jamieson

Video: *Think Like An Avalanche*, USDA Forest Service National Avalanche Center

\*Available at The Back Country ([www.thebackcountry.net](http://www.thebackcountry.net))

*White Risk*, English version, Interactive learning ([www.whiterisk.org](http://www.whiterisk.org))

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