



AIARE AVALANCHE LEVEL 1 REFRESH EQUIPMENT LIST

PROGRAM OVERVIEW

This one day course is designed to provide more field applications of Level I skills. It will provide an opportunity for smaller groups to travel through or near avalanche terrain, learning more about hazard assessment, terrain utilization and group management techniques. This course is designed to enhance intuitive senses along with recognizing hazards and when to utilize safer alternatives. Be prepared for a day of sustained touring with uphill and downhill skiing or snowboarding.

EQUIPMENT LIST

SKI GEAR

Randonnée or Contemporary Telemark Skis - wide, shaped skies recommended,
approx 94-100 mm at shovel, 70-75 mm waist or wider
Randonnée Boots or heavy-duty, buckle Telemark boots (Black Diamond T2, or stiffer)
Ski Brakes recommended over safety straps
Poles - alpine type, adjustable probe poles optional
Climbing Skins - full width to waist of skis or shaped skins

High quality rentals available, reservations required

The Back Country, Truckee (530) 582-0909

CLOTHING AND OTHER ACCESSORIES

Outer Parka or Ski Jacket -with hood, Gortex® or other waterproof/breathable
Fleece, Fiberpile Jacket, or Wool Sweater
Turtleneck or Shirt- capilene, polypropylene, or similar
Long Underwear-top and bottom, capilene, polypropylene, or similar
Synthetic Mountain Pants or Stretch fleece
Overpants-Gortex® or other waterproof/breathable
Boot Socks-2 pr., wool or wool/nylon blend
Liner Socks-2 pr., polypropylene or similar
Fleece or Wool Cap
Sun Hat
Gaiters or in-the-pants gaiters
Sunglasses with Retainer

Goggles (optional-check weather forecast)
Sunscreen-SPF 30 or greater
Lip Balm-SPF 15 or greater
Pack-3000 cu. in. with accessory straps to carry skis, poles
1-Liter Waterbottle-wide-mouth best, hydration system optional
Thermos (optional)

SNOW SAFETY GEAR

Avalanche Transceiver (457kHz)
Avalanche probe or ski pole probes
Avalanche shovel

*Bring these items if you own them, otherwise they will be provided at no cost

SNOW STUDY GEAR

Field book and pencil - "Rite in the Rain" all-weather notebook, #310 or #311, 4 5/8" x 7" with numbered pages is recommended. (Available at ASI).

8x-20x magnifying glass (Available at ASI)

1 dial stem or digital thermometer (Available at ASI)

FOOD

Bring a lunch, including some high energy snackable-type.

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