



## **AIARE AVALANCHE LEVEL 1 EQUIPMENT LIST**

### **OVER SNOW TRANSPORT**

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

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

**- or -**

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.

*Releasable bindings may increase your chances of surviving an avalanche. If you choose to use non-releasable telemark or snowboard bindings, you must accept the additional risk.*

Ski brakes recommended over safety straps (binding dependent)

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 strap – to carry skis

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)*

We recommend previous experience with the type of gear you are going to be using during the course. If you haven't traveled with touring gear, our first recommendation is to begin with our Intro To Backcountry Skiing course prior to AIARE Avalanche Level 1. Otherwise, if you meet the skiing pre-requisites, you could learn to adjust to touring equipment during the AIARE Avalanche Level 1, however, the combined education would be less complete than taking the Intro To Backcountry before the Level 1.

For skiers not meeting the skiing pre-requisites, snowshoes are recommended.

### **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))

### **Alpine Skills International**

11400 Donner Pass Rd.  
Truckee, CA 96161  
[www.alpineskills.com](http://www.alpineskills.com)  
asi@alpineskills.com  
530-582-9170 office 866-833-2483 fax