



**AIARE AVALANCHE LEVEL 1 PLUS  
EQUIPMENT LIST**

**OVER SNOW TRANSPORT**

Alpine Touring Skis - preferably 75mm or wider at waist, 80mm – 90mm are guide's favorite. Alpine Touring Bindings (Fritschi, Silveretta, Dynafit or Naxo are most popular)

- or -

Telemark Skis – preferably 75mm or wider at waist, 80mm – 90mm are guide's favorite. Telemark Binding – preferable 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, Rotrefella NTN, 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 or heavy-duty telemark 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 capilene zip t-neck

Capilene briefs – 2 pr.

Light-weight 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 – 30 SPF or greater recommended (small amount in small squeeze bottle)  
Lip Balm – 30 SPF or greater recommended  
Emergency light headlamp (optional)

### **COURSE NEEDS**

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

### **Snow Study Tools**

Dial Stem thermometer, crystal card, loupe (5x – 10x magnification - optional but recommended. If you are not yet familiar with these items, you will learn about them on 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

#### **Alpine Skills International**

11400 Donner Pass Rd.

Truckee, CA 96161

[www.alpineskills.com](http://www.alpineskills.com)

[asi@alpineskills.com](mailto:asi@alpineskills.com)

530-582-9170 office 530-582-9175 fax