



## **AIARE INTRODUCTION TO AVALANCHES EQUIPMENT LIST**

### **SKIING GEAR**

Alpine Downhill or Telemark or Alpine Touring skis, boots and poles

**- or -**

Snowboard and snowboard boots.

*Climbing skins are not necessary for this course.*

Ski Helmet (optional)

Ski strap to carry skis

### **AVALANCHE SAFETY GEAR**

*Course includes the use of pack, avalanche transceiver, probe and shovel if you don't have your own.*

### **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

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 – 50+ SPF (small amount in small squeeze bottle)

Lip Balm – 50+ SPF

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