



AVALANCHE COURSE GEAR LIST

- Skiing Equipment
 - AT Boots
 - Skis with touring alpine bindings or telemark bindings. (please adjust bindings to boots and skins to skis before the course)
 - Skins that fit your skis
 - Poles
- Snowboarding Equipment
 - Split Board with touring bindings and skins (please adjust bindings to boots and skins to board before the course) For students arriving at the course with snowboarding equipment, split boards are recommended; SNOWSHOES ARE NOT RECOMMEND
 - Boots
 - Collapsible poles OR Snowboard (with means of attachment to pack—please have a system worked out before you come on the course)
- Avalanche Rescue Equipment (provided if you don't have your own!)
 - Avalanche probe
 - Collapsible shovel
 - Avalanche transceiver (digital 457 kHz frequency only) three antenna transceivers are preferred
- Cell phone or two-way radio / BCA link (**optional**)
- Ski Backpack (large enough to fit all gear INSIDE; we can provide you one if needed!)
- Layers!** (Be prepared for life in the mountains - one moment you are hot as you are working hard ascending a steep slope, the next you are cold as you transition to downhill mode!)
 - Ski socks
 - Warm hat and/or Helmet
 - Wool or Synthetic Base Layer (top + bottom)
 - Mid-weight / breathable insulating layer
 - Hardshell or softshell ski/snowboard pants
 - Hardshell (waterproof + breathable) jacket
 - Larger weight (i.e. 800 fill) 'security' puffy (down or synthetic)
 - Gloves (two pairs are best - a lighter pair for going up, & a warmer pair)
- Misc. Items
 - Sunglasses and/or Goggles
 - Sunscreen and lip balm: water/sweat-proof
 - Personal first-aid / repair kit
 - Camera or Smartphone
 - Headlamp
 - Water bottle (at least 1 litre); **we do not advise Camelbacks*
 - Lunch/Snack food

**your guide(s) will carry a First Aid Kit, repair kit & rescue equipment*