



## AIARE AVALANCHE LEVEL 2 UPGRADE 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)

### **REQUIRED READING**

AIARE Avalanche Seminar, Level 2 Handbook, A printed copy will be provided to you at the beginning of the course. In the meanwhile, you may review it online and print a copy of the Level 1 Quiz, complete it and bring it to class.  
([www.alpineskills.com/avalanche2\\_quiz.doc](http://www.alpineskills.com/avalanche2_quiz.doc))

The Avalanche Handbook 3<sup>rd</sup> Edition, David McClung and Peter Schaerer.

Snow, Weather, and Avalanches: Observational Guidelines for Avalanche Programs in the United States, Available at **The Back Country** ([www.thebackcountry.net](http://www.thebackcountry.net)) or ([www.americanavalancheassociation.org/obs.html](http://www.americanavalancheassociation.org/obs.html))

### **COURSE NEEDS**

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

### **SNOWSTUDY KIT**

The following items are required:

8X or 10X magnifying glass

Dial Stem Thermometer in °C, analog or digital

Aluminum (recommended) or fiberglass crystal card (dark color) with mm grid marks

\*A current, complete kit is available from BCA)

\*All available at **The Back Country** ([www.thebackcountry.net](http://www.thebackcountry.net))

2-meter folding ruler and/or 10cm marks on your probe

Clinometer, compass or combination

Snow saw

Shovel

Avalanche transceiver (457 kHz, if you have one, otherwise one will be provided)

Avalanche probe

*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:

[http://www.alpineskills.com/avalanche2\\_res.html](http://www.alpineskills.com/avalanche2_res.html)

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