

OFFICE
280 7th Avenue
Ouray, CO 81427

MAIL
PO Box 1025
Ouray, CO 81427

PHONE
970-325-7342

EMAIL
info@peakmountainguides.com

HUT BASED AIARE LEVEL I AVALANCHE COURSE EQUIPMENT & CLOTHING LIST

All of the items listed below are required for a safe and enjoyable experience. Alpine touring skis, skins, boots, and poles can be rented for \$60.00/day and snowshoes can be rented for \$20.00/day. Avalanche safety gear including beacon, shovel, and probe will be provided free of charge.

If you have questions as you are selecting your equipment and clothing, please feel free to contact us at 970-325-7342 or info@peakmountainguides.com.

BACKCOUNTRY TRAVELING EQUIPMENT

Backcountry Skis or Splitboard - It is acceptable to use alpine touring skis, telemark skis, or splitboard for traveling.

Climbing Skins - Must be properly fitted and trimmed for your skis or splitboard.

Ski Poles - Adjustable poles with large powder baskets work best in the backcountry.

Boots - If you are bringing your own boots they should be properly fitted and broken in before your program. If you'll be traveling on skis during the course we recommend dedicated alpine touring or telemark boots that can hinge at the cuff when touring.

Skiing Helmet - Optional for you to bring.

AVALANCHE SAFETY GEAR

Avalanche Transceiver - We will provide you with a BCA avalanche beacon to use during the program. If buying your own, choose a digital model with 2 or 3 antennas. At Peak Mountain Guides we highly recommend the BCA avalanche beacons.

Avalanche Probe - We will provide you with a BCA probe to use during the program. If buying your own, choose one that is at least 240 cm long. Models made of Carbon Fiber offer the best combination of rigidity and light weight. The BCA carbon probes are excellent.

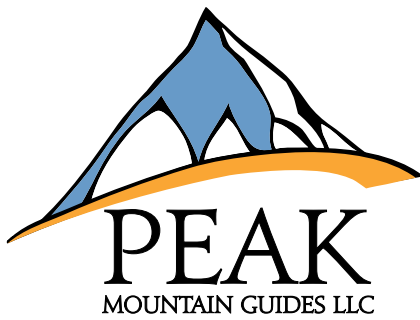
Shovel - We will provide you with a BCA shovel to use during the program. If buying your own, choose one that has a metal blade and telescoping handle. BCA makes excellent models that are functional and lightweight.

Avalung or Airbag backpack - Optional for you to bring.

TOURING AND HUT EQUIPMENT

Backpack - Around 45-50 liters capacity in size. Packs with separate compartments for snow safety equipment and hydration systems are most convenient.

Sleeping Bag - A very lightweight bag is sufficient for comfort in the huts. A bag rated to 35 degrees is about right for most people.



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Hut Slippers - It's nice to have something comfortable to wear on your feet around the hut. This also allows you to take your ski boots off so the liners can dry by the wood stove. Lightweight slippers, flip flops, or down camp booties will work.

Headlamp - Lightweight LED models are good. Bring one set of extra batteries.

Sunglasses & Goggles - Bring both.

Sunscreen & Lip Balm - SPF 30 or greater.

Water bottles or hydration system - 2 liters of capacity is good.

Food - breakfast, lunch, snacks, and dinner for each day.

Personal Toiletries & Medications - Contact lens care materials, eye glasses, prescription medications, ibuprofen, small package of moleskin for blisters, etc.

Small Notepad and Pencil - for classroom sessions.

Ear Plugs (optional) - to block out noise when sleeping at the huts.

Camera & extra memory card (optional)

Compass & Altimeter (optional) - for navigation in the field.

CLOTHING

Long Underwear Bottoms - Synthetic or wool baselayer worn for warmth and moisture management.

Shell Pants - Water resistant/breathable pants that will shed snow and moisture.

Long Underwear Top - Synthetic or wool baselayer worn for moisture management.

Insulating Shirt - Expedition weight fleece or wool top worn as an insulating layer.

“Puffy” Jacket - Fleece, synthetic, or down jacket used for warmth.

Shell Jacket w/Hood - A hooded waterproof/breathable jacket for protection from rain, snow, & wind.

Ski/Snowboard Socks - Synthetic fabrics or wool work best.

Light Gloves - A lightweight, dextrous glove for temperatures above 32 degrees.

Heavy Gloves - A warm glove for skiing in cold or stormy conditions.

Warm Hat - Synthetic fabrics or wool work best.

Sun Hat - Baseball cap or similar design to keep sun off the face.