

OFFICE

280 7th Avenue
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AIARE LEVEL I AVALANCHE COURSE EQUIPMENT & CLOTHING LIST

All of the items listed below are required for a safe and enjoyable course. 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 is provided free of charge. If you have questions as you are selecting your equipment and clothing, please contact us at 970-325-7342 or info@peakmountainguides.com.

BACKCOUNTRY TRAVELING EQUIPMENT

Skis, Snowboard, or Snowshoes - It is acceptable to use alpine touring skis, telemark skis, snowshoes, splitboard, or standard snowboard with snowshoes for traveling during the course. The best skis and snowboards will perform in a variety of snow conditions while still being lightweight for extended touring. If you're traveling on snowshoes, make sure they are rated to accommodate your body weight.

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. K2 makes excellent adjustable touring poles.

Boots - They should be properly fitted and broken in before your program. If you'll be traveling on skis during the course we highly recommend dedicated alpine touring or telemark boots that hinge at the cuff when touring. Scarpa makes excellent backcountry skiing boots.

Skiing Helmet - Optional for you to bring.

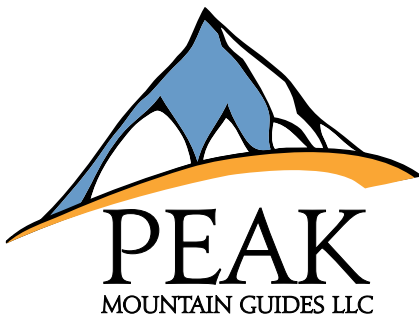
SNOW SAFETY EQUIPMENT

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

Avalanche Probe - We will provide you with a BCA probe to use during the course. 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.

Shovel - We will provide you with a BCA shovel to use during the course. 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.



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MISCELLANEOUS

Backpack - 25-30 liters capacity. Packs with separate compartments for snow safety equipment and hydration systems are most functional for on-the-go touring.

Sunglasses & Goggles - Bring both.

Sunscreen & Lip Balm - SPF 30 or greater.

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

Food - lunch and snacks for each day.

Personal Medications - Prescription medications, ibuprofen, etc.

Notepad and pencil - for classroom sessions.

Camera, battery charger, & extra memory card - Optional.

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 warmth and 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.