

OFFICE

280 7th Avenue
Ouray, CO 81427

MAIL

PO Box 1025
Ouray, CO 81427

PHONE

970-325-7342

EMAIL

info@peakmountainguides.com

AIARE LEVEL 2 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. 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

Skis, Splitboard, or Snowboard with Snowshoes - It is acceptable to use alpine touring skis, telemark skis, splitboard, or standard snowboard with snowshoes during the course. If you're traveling on snowshoes, make sure they are rated to accommodate your body weight and have a simple binding to attach to your boots.

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 highly recommend dedicated alpine touring or telemark boots that can hinge at the cuff when touring.

Skiing Helmet - Optional for you to bring.

SNOW SAFETY EQUIPMENT

Avalanche Transceiver - We will provide you with a BCA avalanche beacon to use during the course. If buying your own, choose a digital model with 2 or 3 antennas.

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. If you have a probe with 1cm markings you may use it as your snow profile ruler.

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.

Avalung or Airbag Backpack - Optional for you to bring.

SNOW STUDY EQUIPMENT

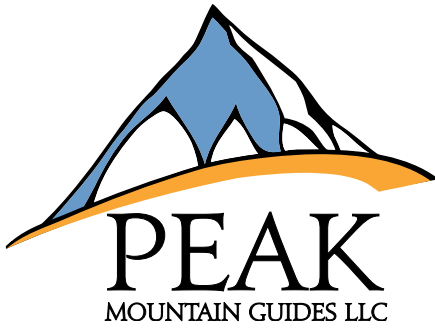
Snow saw - The blade should be around 40cm long. Models made by Upgrade Innovations and Backcountry Access are lightweight and strong.

Snow thermometer - Can be digital or dial stem but must read in Celcius. The digital models made by Backcountry Access are good.

Crystal Screen - Dark color screens are best and a metal screen is strongly recommended. Models made by Backcountry Access are excellent.

Magnifying lens - 8x or 10x power recommended. Magnifiers are available at most photography shops. The Carson 10x photography loupe is excellent.

Folding ruler - 2 meter length and graduated in centimeters is best. Backcountry Access makes a folding ruler that is designed and created specifically for snow study. If you have an avalanche probe with 1cm markings you may use it as your ruler.



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MISCELLANEOUS

Backpack - 30-35 liters capacity is about right for most people. Packs with separate compartments for snow safety equipment and hydration systems are most functional for on-the-go touring.

Sunglasses - Make sure they block 100% UVA/UVB.

Goggles - Light lenses are best for flat light conditions.

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 Toiletries & Medications - Prescription medications, ibuprofen, etc.

Notepad and pencil - for classroom sessions.

Camera, battery charger, & extra memory card (optional)

Compass (Optional) - a compass with a built in inclinometer is most useful.

Altimeter (Optional) - very useful 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.