

MAIL
PO Box 992
Ridgway, CO 81432

PHONE
970-318-1011

FAX
970-626-9940

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 course. Ski and snowboard touring equipment (skis or splitboard with touring bindings, skins, boots, and poles) can be rented for \$50.00. Snowshoes can be rented for \$20.00. Avalanche safety gear is provided free of charge. If you have questions as you are selecting your equipment and clothing please contact us at info@peakmountainguides.com or 970-318-1011.

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. Skis and splitboards made by K2 offer an excellent blend of performance and light weight. 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 are nice in the backcountry. K2 makes excellent adjustable touring poles. Avoid ski poles that convert to avalanche probes because they are not a suitable substitute for a proper avalanche probe and they add swing weight to the pole. It is best to have powder baskets for backcountry skiing in deep snow.

Boots - They should be properly fitted and broken in before your program. When purchasing new boots it is best to try on a variety of models and choose the one that fits best. 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. Scarpa makes excellent backcountry skiing boots.

Skiing Helmet - Optional for you to bring.

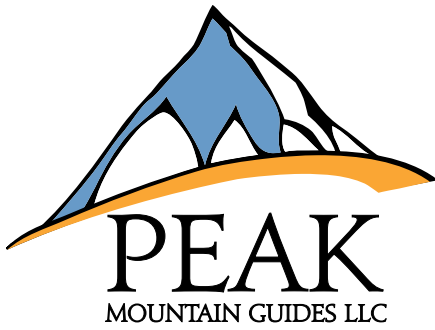
SNOW SAFETY EQUIPMENT (provided free of charge)

Avalanche Transceiver - We will provide you with a BCA Tracker 2 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 Tracker and Tracker 2 beacons.

Avalanche Probe - We will provide you with a BCA Profile 240 probe to use during the course. If buying your own, choose one that is at least 230 cm long. Models made of Carbon Fiber offer the best combination of rigidity and light weight. The BCA Carbon 260 probe is an excellent probe.

Shovel - We will provide you with a BCA Bomber-I EXT 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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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 Thermor and Backcountry Access are good.

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

Magnifying lens - 8x or 10x power recommended. Magnifiers are available at most photography shops.

Folding ruler - 2 meter length and graduated in centimeters is best. Models made by Sear and Backcountry Access are well designed and created specifically for snow study.

MISCELLANEOUS

Backpack - 25-30 liters capacity weighing less than 3.5 pounds. Packs with separate compartments for snow safety equipment and hydration systems are most functional for on-the-go touring.

Sunglasses - Must block 100% UVA/UVB. Models with side shields are best on glaciers. The Julbo Advance is a great model.

Goggles - Light lenses are best for flat light conditions.

Sunscreen - SPF 30 or greater.

Lip Balm - SPF 30 or greater.

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

Food - lunch and snacks for each day.

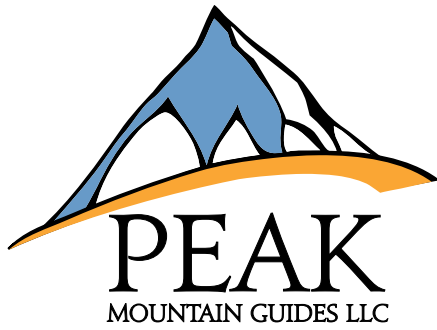
Personal Toiletries & Medications - Prescription medications, ibuprofen, etc.

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.



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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.