

## AIARE Level 1 Course Gear List

The list below reflects all of the items you will need for the field portion of the Level 1 avalanche course and the avalanche refresher course.

For the Level 1 course please note that there is an outdoor session on day 2 of the course. For day 2 and Day 3 be sure you have all of the required gear listed below.

Items available to rent are indicated with a (R). Rental items are available on a first-come, first serve basis. In order to reserve this gear for your course please complete and return the rental form that was included in the pre-trip email. Items marked with an (O) are optional.

### Ski Gear

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- AT (Randonnée) Skis, Telemark Skis, Split board, or Snowboard/Snowshoe combo (R):** i.e. La Sportiva Hi5 or GT ski, K2 Wayback, or Dynafit Manaslu w/ dynafit binding & brakes
  - AT, Telemark or Snowboard Boot:** The most comfortable set up will be a boot with a Thermo fit type liner and a custom foot bed.
  - Climbing Skins (R):** i.e. Black Diamond Ascension Nylon STS Skins, these should cover the entire base of your ski with the exception of the metal edges. If there is too much base showing it will be much more difficult on the uphill track.
  - Ski Poles (R):** i.e. Black Diamond Traverse or Compactor Ski Pole
  - Voile type ski strap:** Make sure this is long enough to fit around your skis and poles
  - Avalanche Beacon (457 kHz) (R):** We recommend a digital 3 antenna beacon w/ a flagging function. i.e. Black Diamond DSP Sport
  - Avalanche Probe (R):** This should be a sturdy probe i.e. Black Diamond QuickDraw Probe Tour 320
  - Shovel (R):** This should be a metal shovel i.e. Black Diamond Evac 7
  - Ski Pack (R):** 30-35 L pack. i.e. BD Cirque 35. NMS also has the BD Saga 40 JetForce Avalanche Airbag Packs available to rent. You do not need an airbag for this course but if you are interested in trying one of these packs out for sizing/comfort/packability etc this is an option.

### Upper Body Clothing

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- Synthetic Long Underwear Shirt:** Light colored lightweight top i.e. Patagonia Mid-weight Zip Neck
  - Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket. i.e. Patagonia Nano Puff or Nano-Air, All Free Jacket or Levitation Hoody Jacket
  - Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Refugitive or M10 Jacket
  - Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Down Sweater Hoody

### Lower Body Clothing

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- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene Mid-weight Bottoms
  - Synthetic Climbing Pant:** We wear the Patagonia Dual Point Pant. These are synthetic pants with a bit of wind resistance and have a built in gaiter/cuff that works well enough with ski boots to allow you to leave your gaiters at home.
  - Hard Shell Pants:** Lightweight with full side-zips and built in gaiters. i.e. Patagonia Triolet Pant



## Head, Hands, and Feet

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- Warm Hat:** i.e. Patagonia Lightweight Ski Hat
- Neck Gaiter or Buff:** NMS logo Buffs are available for purchase.
- Baseball cap**
- Dark Sun Glasses:** Make sure these have the darkest lense (Category 4) i.e. Julbo Bivouak or Tensing, the Zebra or Spectron 4 lenses are best (non-polarizing).
- Ski Goggles**
- Light gloves:** i.e. Black Diamond Terminator or Impulse Glove
- Waterproof Ski Gloves:** i.e. Black Diamond Patrol or Rambla Glove - not a bad idea to have 2 pairs so you have a dry pair to put on after digging snow profiles.
- Sorel type Snow Boots (O):** Not mandatory as you can use your ski/snowboard boots but these can be more comfortable for some of the outdoor work if you have a pair.
- Light to Mid weight Ski socks**

## Other Items

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- Headlamp (R):** It is always worth having a lightweight headlamp in your pack. i.e. Petzl Zipka
- Hydration:** A good combo here is a 1-liter bottle and a 16 oz thermos.
- Lunch food:** We usually shoot for ~1,600 calories/day
- Sunscreen:** 1 oz tube with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen:** SPF 15 or higher
- Repair Kit:** Bring a small kit specific to your bindings.
- Batteries:** Always carry a spare set for your beacon (+ headlamp, camera etc)
- Small Camera (O)**
- Blister kit:** This should be very small **i.e.** duct tape, Compeed pads (these are AMAZING for blister prevention/relief and worth their weight in gold, far superior to moleskin), & band-aids.
- Chemical Hand warmers (O):** These can be super nice if your hands get cold easily.
- Notepad, pencil, and coffee mug:** for classroom session

## Gear Shops

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**Leavenworth Mountain Sports:** Tell them you are taking an NMS avalanche course and receive 10% off of gear purchases. [www.leavenworthmtnsports.com](http://www.leavenworthmtnsports.com) or (509) 548-7864

**Arlberg Sports Haus (Leavenworth):** A great local resource for tech compatible rental AT boots. <http://www.arlbergsports.com/pages/leavenworth> or (509) 548-5615

**Second Ascent:** A great gear shop in Seattle. Second Ascent sells new and used gear. They also rent AT skis (w/ tech bindings), skins, and boots. [www.secondascent.com](http://www.secondascent.com)

**Feathered Friends:** Also a great source for all of your gear needs. Feathered Friends does not rent touring gear. [www.featheredfriends.com](http://www.featheredfriends.com) Seattle, WA

