

## 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 GT ski w/ RT 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 Skis (R):** i.e. La Sportiva HiGlide GT Skin
  - 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. Ortovox S1+
  - Avalanche Probe (R):** This should be a sturdy probe i.e. Black Diamond Quick Draw Guide Probe 300
  - Shovel (R):** This should be a metal shovel i.e. Black Diamond Transfer 7 Shovel
  - Ski Pack (R):** 30-35 L pack. i.e. BD Revelation. NMS also has Ortovox Avalanche Airbag Packs available to rent.

### Upper Body Clothing

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- Synthetic Long Underwear Top:** Light to Mid-weight i.e. Patagonia Capilene 2 or 3
  - Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket. i.e. Patagonia Micro Nano Puff pullover or Piton Hybrid Hoody.
  - Hard or Soft Shell Jacket:** i.e. Patagonia Super Cell Jacket
  - Puffy Jacket:** Lightweight Down or synthetic. i.e. Patagonia Micro Puff Hooded Jacket

### Lower Body Clothing

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- Synthetic Long Underwear Bottoms (O):** i.e. Patagonia Capilene 2 or 3
  - Synthetic Climbing Pant:** We wear the Patagonia Backcountry Guide 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**
  - Sunglasses:** i.e. Julbo Bivouak or Tensing
  - Ski Goggles**



- Light gloves:** i.e. Black Diamond Pilot 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:** Duct Tape, moleskin, Compeed pads
- 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:** Call for availability of rental AT skis and boots. Tell them you are taking an NMS avalanche course and receive 20% off rentals or 10% off of gear purchases.

[www.leavenworthmtnsports.com](http://www.leavenworthmtnsports.com) or (509) 548-7864

**Feathered Friends:** Also a great source for all of your gear needs. [www.featheredfriends.com](http://www.featheredfriends.com) Seattle, WA

**Second Ascent:** Another great gear shop in Seattle. Second Ascent sells new and used gear.

[www.secondascent.com](http://www.secondascent.com)

**Marmot Mountain Works:** Rents AT and Tele skis, skins, and boots. [www.marmotmountain.com/store-bellevue.htm](http://www.marmotmountain.com/store-bellevue.htm) Bellevue, WA

