

AIARE Level 1 Course Gear list

The list below reflects all of the items you will need for our AIARE Level 1 program. Also thanks to a partnership with Backcountry Access we are able to offer course participants use of BCA avalanche beacons, probes and shovels. Please contact us if you would like to take advantage of this.

Ski or Snowboard Gear

- Alpine Touring (Randonnée) or Telemark Skis**
- Split Board or Snowboard with Snowshoes**
- Ski Brakes**
- Climbing Skins**
- Ski Poles**
- Avalanche Beacon (457 kHz):** NMS will provide this upon request. i.e. BCA Tracker
- Avalanche Probe:** NMS will provide this upon request.
- Shovel:** NMS will provide this upon request.
- Ski Pack:** 35-45L pack that has an easy way to attach skis or snowboard to it.

Upper Body Clothing

- Synthetic Sports Bra/Top**
- Synthetic Long Underwear Top:** Light to Mid-weight i.e. Patagonia Capilene 2 Zip Neck
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket.
- Hard or Soft Shell Jacket:** As always go for lightweight.
- Puffy Jacket:** Lightweight Down or synthetic. i.e. Patagonia Micro Puff Hooded Jacket

Lower Body Clothing

- Synthetic Underwear**
- Synthetic Long Underwear Bottoms (optional):** i.e. Patagonia Capilene 2
- Synthetic Climbing Pant:** We wear the Patagonia Super 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.
- Gore-tex or Similar Pants:** Lightweight with full side-zips.

Head, Hands, and Feet

- Warm Hat**
- Neck Gaiter or Buff**
- Baseball cap**
- Sunglasses**
- Ski Goggles**
- Light gloves**
- Shelled Ski Gloves**
- AT or Telemark Boot:** The most comfortable set up will be a boot with a Thermofit type liner and a custom foot bed.
- Light to Mid weight Ski sock**

Other Items

- Headlamp:** 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**
- Sunscreen:** 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen:** SPF 15 or higher
- Voile type ski strap:** Make sure this is long enough to fit around your fat skis and poles.
- Repair Kit:** Bring a small kit specific to your bindings. If you are on Nordic gear with cable bindings bring an extra cable. We will provide basic repair kits.
- Small Camera (Optional)**
- Batteries:** Spare set for headlamp, beacon, camera etc.
- Blister Kit:** Duct tape, moleskin, Compeed pads.
- Notepad, pencil, and coffee mug for classroom session**

Gear Shops:

Leavenworth Mountain Sports: Call for availability of rental AT skis and boots.
www.leavenworthmntnsports.com Leavenworth, WA

Feathered Friends: Rents AT and Tele skis, skins, and boots. Also a great source for all of your gear needs. www.featheredfriends.com Seattle, WA