

EQUIPMENT LIST – AVALANCHE CLASSES

TRIPS COVERED BY THIS LIST:

- **AIARE Level 1 & 2**
- **AIARE Avalanche Rescue**

A NOTE ABOUT EQUIPMENT LISTS: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment’s appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight. All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

CLOTHING

Head, Hands & Feet

- Warm Hat
- Sun Hat
- Buff
- Lightweight Gloves (for uphill; softshell)
- Heavyweight Gloves (for downhill; waterproof and breathable)
- Ski Socks

Upper Body Layers

- Lightweight Base Layer Top
- Lightweight Fleece jacket
- Softshell Jacket with Hood
- Puffy Jacket with Hood
- Hardshell Jacket with Hood
- Additional Puff Jacket (for snowmobiling)

Lower Body Layers

- Lightweight Baselayer Bottom
- Softshell Pants
- Hardshell Pants (worn over softshell pants for snowmobiling)

ACCESORIES

- Backpack (30-40 Liters, designed for skiing)
- Sunglasses

ACCESSORIES *continued...*

- Goggles
- Sunscreen and spf lip balm
- Water & Food (we strongly recommend **not** using drink hoses during winter trips)
- Headlamp
- Blister Kit
- optional: Ski Helmet

SKI / RIDE

- Skis or Split Board (we recommend tech/pin bindings and skis > 105mm waist width for winter conditions)
- Climbing Skins (sized and cut for your skis or board)
- Ski or Snowboard Boots
- Ski Poles (collapsible for split boarders)
- Ski Strap (rubber voile style)

AVALANCHE SAFETY (these may be rented from NCMG)

- Transceiver (3 antenna, less than 5 years old)
- Shovel (metal blade required)
- Probe (240cm or longer)



NORTH CASCADES MOUNTAIN GUIDES

CLASSROOM

- Pen, Pencil, Notebook*
- Coffee Mug (we provide tea & coffee)*
- Comfortable clothing (for classroom based lectures)*

NORTH CASCADES MOUNTAIN GUIDES

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