

AIARE Level One



Equipment List

*Please contact us at (719) 630-3934 or info@pikespeakalpineschool.com with any questions regarding gear purchase and recommended brands. We also rent most items.

For the best ice climbing gear and clothing selection in Colorado Springs, visit the Mountain Chalet located at 226 North Tejon Street. If you are enrolled in an AIARE Level One course you will receive **10% off** your entire purchase at Mountain Chalet.

Skiing equipment:

__ **Alpine Touring (AT) or Telemark Skis.** Skis with binding specifically designed for alpine touring. Recommended binding models: Black Diamond Fritschi Freeride or Dynafit TLT Vertical.

__ **Climbing Skins.** These adhere to the base of each ski and providing traction while touring uphill, and are removable for the descent. Must be cut to fit your skis. Recommended models: Black Diamond Ascension Nylon or G3 Alpinist Climbing Skin.

__ **Ski boots.** AT boots are much more comfortable to tour in, but most DIN-compatible ski boots these days work fine with AT bindings. If you are on tele skis, make sure you have tele boots. It is vital that whatever boots you choose are compatible with your binding system. Recommended models: Garmont Radium or Black Diamond Factor.

__ **Snowboard Touring Equipment.** If you are on a board, choice of one of the following: splitboard and snowboarding boots; or snowboard and snowboarding boots with 1 pair snowshoes. Poles are also required if you are on a snowboard.

__ **Ski poles.** 1 set, collapsible is most versatile. Recommended models: Black Diamond Traverse or Life Link Carbon Pro.

__ **Backpack.** A 30 liter sized pack is used for carrying other equipment while touring, such as extra clothing, food, and water. Recommended models: Black Diamond Covert or Backcountry Access Stash BC.

Safety equipment:

__ **Avalanche transceiver.** Digital or analog beacon; transmission on 457 MHz required. Recommended models: Mammut Barryvox Pulse or Backcountry Access Tracker.

__ **Probe.** Collapsible avalanche probe made of carbon fiber or aluminum, 240 cm or longer. Recommended models: Backcountry Access Profile 240 or G3 Carbon Speed Probe Pro.

__ **Shovel.** Aluminum shovel with removable handle. No plastic shovels. Recommended models: Backcountry Access Companion or Ortovox Professional Alu.

__ **AvaLung.** This optional piece of equipment can provide an additional margin of safety while skiing in the backcountry. Recommended model: Black Diamond AvaLung.

Clothing:

__ **Base, mid, and outer layers.** Clothing for upper and lower body that includes synthetic or wool base and mid layers. We dress in a layering system, and don't wear any cotton fabrics. Recommended brands: Patagonia or Arc'Teryx synthetic insulating layers.

__ **Softshell pants and jacket.** This stretchy water-repellant/breathable fabric is the best available today, and works great as an outer layer while ice climbing. Jacket with hood strongly recommended. Recommended models: Patagonia Winter Guide pants/jacket or Arc'Teryx Gamma MX Hooded.

__ **Insulated parka.** Down or synthetic fill big enough to fit over other layers when cold or windy. Hood necessary. Recommended models: Patagonia DAS Parka or Mountain Hardwear Hooded Compressor Jacket.

__ **Sunglasses.** 100% UV blocking sunglasses or glacier glasses. Recommended brands: Smith or Julbo.

__ **Goggles.** 100% UV blocking. Recommended brands: Smith or Oakley.

__ **Warm hat.** Wool or synthetic hat.

__ **Waterproof gloves.** A good pair that will keep your hands warm and dry all day long. Removable liners are good. Recommended models: Black Diamond Punisher or Mountain Hardwear Hydra.

__ **Mittens.** Warm mittens in case the weather gets really cold. Recommended models: Outdoor Research Cornice Mitt or Marmot Expedition Mitten.

__ **Neck gaiter or Balaclava.** Useful in cold or windy conditions. Recommended models: Buff or Outdoor Research Option Balaclava.

Misc:

__ **30 SPF sun block.**

__ **1 liter water bottle.** No metal bottles- it will freeze to your lips! Recommended model: Nalgene.

__ **Thermos.** Optional, but nice for warm drinks such as tea during rest breaks

__ **Lunch food.** Candy bars, Clif Bars, trail mix, and other favorite trail munchies for the entire day touring. Bring foods you like to eat.

__ **Camera.** For capturing the great memories and field info alike.