



## Avalanche Rescue equipment list

The gear on this list is required. This equipment is not only designed to keep you comfortable in the backcountry, but it can also save your life. Mountain Chalet, Mountain Equipment Recyclers and REI are a great resource for knowledge and product selection.

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### Snow/ski gear:

- Alpine Touring (AT) skis, Tele-skis, Splitboard. **Make all binding adjustments for fit prior to day 1.**
- Climbing Skins for skis and splitboards. **Ensure that the skins are fitted to your skis or splitboard prior to day 1.**
- Snowshoes, if not skiing. **Make sure bindings fit your boot prior to day 1.**
- Ski Poles, required for all backcountry travelers on this course. Collapsible poles are nice.

### Safety gear:

- Avalanche Transceiver. Digital beacon transmitting on 457 kHz (supplied by PPAS for this course).
- Probe. Collapsible probe made of aluminum or carbon fiber (supplied by PPAS for this course).
- Shovel. Aluminum shovel (not plastic) designed for backcountry use (supplied by PPAS for this course).
- Avalung and/or Airbag (optional).
- Ski Helmet, for ski descents (optional, but recommended, be sure you can fit in, or carry on backpack).
- Spare door and ignition key, for groups carpooling. It's a real bummer to lose a key on a tour.

### Footwear:

- Ski Boots, Snowboard Boots or Tele Boots.
- Wool or synthetic socks. No cotton.
- Liner sock. This is a personal preference, not required.
- Winter Hiking Boot. This is something you can wear in the classroom or in the parking lot for rescue drills.

### Clothing (all to be wool or synthetic, **no cotton**):

- Base Layer, long underwear, top and bottoms.
- Insulation Layer, Softshell Pants and Jacket. Fleece is ok if you have hardshell outerlayer.
- Hardshell **Pants** (full side zip) and **Jacket** with hood. This is a wind and waterproof layer (Gore-tex) or similar.
- Insulated "puffy" Jacket w/ hood. Down or Synthetic. This layer is meant to be worn on outside of all other layers combined.

### Headwear:

- Synthetic or wool hat (beanie).
- Buff or neck gaiter. I highly recommend buffs for their versatility.
- Sunglasses with dark lens and wraparound sun and wind protection.
- Goggles.

### Handwear:

- Liner glove.
- Softshell glove, water and wind resistant.
- Mittens, good to have in your pack for colder temps.
- Two pairs or warm gloves/mittens minimum. I bring three.

### Other gear:

- ~35L Backpack, make sure your gear fits in pack prior to course day.
- First-aid kit (**small**), blister bandages, band-aid and personal medications.
- 1L waterbottle (2L max), leakproof bottle like Nalgene works best. I bring a 24oz Thermos with warm drinks for the cold days.
- Sunscreen and lipscreen, 30SPF minimum.
- Ski strap(s), small knife/multitool, headlamp w/new batteries, lighter, a few zip ties, & a short sections of bailing wire for field repairs.
- Camera, camera phone.
- Snacks, about 1000 calories for the day. Sandwich, candy bars, and trailmix work well, bring what tastes good to you.