



## 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 Salida Mountain Sports are a great resources 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.**
- 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).
- Slope Meter. Key tool for gauging avalanche terrain. (Not Required on AIARE Rescue)
- Airbag and/or avalung (optional).
- Ski Helmet, for ski descents (recommended, be sure you can fit in, or carry on backpack).
- Pencil for making notes & observations in the field book we provide. I also carry an altimeter, map and compass on every tour.
- 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, mid-weight shirt or jacket with a hood ideally.
- Ski **Pants** (with ventilation zips). This can be hardshell (waterproof) or soft-shell (wind resistant) depending on the forecast.
- Ski **Jacket** with hood. Wind and Waterproof is idea. 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 of 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 800 calories for the day. Sandwich, candy bars, and trailmix work well, bring what tastes good to you.