

Level 1 Avalanche Course – Pre-Course Information

Sponsored by Yöstmark Backcountry Tours

December 15-17

January 13-15

February 9-11

Goal: To provide a fundamental understanding of avalanches by examining snowpack, weather, terrain, and human factors associated with avalanche formation and triggering.

*The course length and curriculum meet the Level 1 Course guidelines of the American Avalanche Association.

Notes:

Friday: You are encouraged to wear street clothes to the morning session, but have your snow clothes/ touring gear with you and prepared for the afternoon session. Approximately one hour is allotted for lunch and travel, so please either bring a lunch or expect to purchase from a nearby restaurant.

Saturday: Be prepared to spend a full day in the field! Bring adequate food, water, and clothing to spend 10 hours outside in the snow.

Sunday: Meet prepared to spend 5 hours in the field, but you are encouraged to bring street clothes with you as the afternoon session will be in the classroom.

Required Gear For Field Sessions:

- Skis, snowshoes, or split board
- Skins
- Boots
- Ski Poles (also for snowboarders)
- Avalanche Transceiver
- Shovel
- Avalanche probe
- Sunscreen
- Lip Balm with SPF
- Ski pants or bibs
- Ski jacket or shell
- Warm layers (extra insulation for time in pits)
- 2 pr warm gloves or mittens- (1 light/ 1 heavy)
- Warm hat
- Water bottle and snack food
- OPTIONAL: Inclinator, compass, fieldbook and pencil, snow saw, magnifying lens, crystal card, folding ruler

Recommended Pre-Course Reading (Strongly Advised):

Snow Sense: A Guide to Evaluating Snow Avalanche Hazard, (5th ed.), Fredson, J. & Festler, D., 2011, Anchorage: Alaska Mountain Safety Center, Inc.

Or

Avalanche Essentials: A Step by Step System For Safety and Survival, Bruce Tremper, 2013, The Mountaineers Books.