

Avalanche Awareness Course Equipment Checklist

Foot Based Courses

Foot based courses cover exactly the same content as touring courses. For the foot based course, on the field day each participant needs the following:

- Appropriate warm, windproof and waterproof outdoor clothing including:
 - Thermals, insulating layers, waterproof shell jacket and pants;
 - Warm hat, buff & sun hat;
 - Warm gloves & a second thinner pair;
 - Sunglasses & goggles.
- Day Pack: 20-30L (big enough to fit supplies, shovel and probe);
- Food and drink sufficient for the day.
- Personal first aid kit.
- Sunscreen & lip-balm.
- Sturdy trekking boots, gaiters and trekking poles (recommend).
- Snowshoes are optional.

Recommended:

- Notebook & pencil;
- Compass & map (Pisa range or Cardrona).

Mandatory:

- Avalanche Transceiver: digital with new alkaline batteries and spares;**
- Avalanche Shovel: Collapsible, light, robust, ribs, square mouth, preferably metal;**
- Avalanche Probe: ideally 2.4 m long.**

If you do not have an avalanche transceiver, shovel, and probe they can be hired from Aspiring Guides for \$35.

Ski Passes:

For courses run from Cardrona, it is possible and optional to purchase as single ride lift ticket on the day for \$35.

Touring Courses

The Avalanche Awareness course is not a ski/snowboard touring course. Participants must be familiar with their touring gear and have experience using it. The touring course covers exactly the same content as foot courses. **In addition to what is required for foot based courses (above)**, participants require:

- Ski touring or splitboard equipment including boots, poles, skins and splitboard crampons.

Snowshoes are not accepted on touring courses.

Optional:

- Helmet

Ski Passes:

For courses run from Cardrona, it is possible to purchase a single ride lift ticket on the day for \$35.

For courses run from Treble Cone a touring lift ticket is required. These can be purchased on the day for \$60.

For courses run from Snow Farm in the Pisas an access trail fee is required. These can be purchased on the day for \$10.