



AIARE Course Equipment List

It is your responsibility to show up prepared for a trip. Your actions can limit the expedition's ability to meet the objectives of the trip. Make sure all of your equipment is in good working order. If you don't have the gear, get creative! Rent and borrow the gear until you know what you want. Please do not bring cotton for insulation.

Optional gear is marked (o)

Personal Gear

- Backpack: 30-50L capacity (needs to fit avalanche safety gear inside the pack)
- Snow Travel setup (touring skis, spitboard, snowshoes)
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications and first aid kit
- Repair kit specific to your setup (o)
- Ratchet or multi-tool (o)
- Hand warmers (o)

Clothing

- Long underwear (top & bottom) synthetic or wool
- Insulating pants (fleece or wool)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Hard-shell jacket with hood
- Hard-shell pants
- Warm hat that covers ears
- Sun hat with brim (o)
- At least 2 pairs of gloves/mittens (one waterproof & one insulating)
- Socks (synthetic or Wool)
- Gaiters
- Eye protection; Sunglasses w/ good side coverage and goggles
- Neck gaiter/buff

Snow and Avalanche Equipment

- Small notebook and a pencil (ink in pens can freeze)
- Metal avalanche shovel
- Avalanche Probe
- Avalanche Transceiver
- Snow Saw (o) - highly recommended for AIARE 2 courses
- Snow Study Kit (o) - highly recommended for AIARE 2 courses

Food (at least 1,000 calories per day)

- Pre-made lunch items, easy to eat with gloves on
- Handy pocket items; gel, chews, bars, etc.
- Water bottles, at least 2 liters; be aware that bladder hoses freeze in cold temperatures
- Thermos with tea/coffee (o)

Miscellaneous Equipment

- Whistle (o)
- Area maps and compass (o)
- Heavy duty plastic trash bags (for water-proofing) (o)
- Camera (o)
- Watch (o)
- Half foam pad to stand/sit in snow (o)
- Bandana (o)

Car Equipment (items to keep in your car)

All of these items are optional but recommended when traveling in the mountains in winter.

- Water bottle or thermos
- Non-perishable food (salty snacks!)
- Comfortable and warm cloths, socks, and shoes
- First aid kit
- Folding saw
- Shovel
- Warm blanket or sleeping bag
- Tire Chains

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