

Rec Level 1 Avalanche Course - Pre-Course Information

Sponsored by Yöstmark Backcountry Tours

December 14-16 2018

January 19-21 2019

February 16-18 2019

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 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 splitboards
- 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 pairs warm gloves or mittens - (1 light & 1 heavy)
- Warm hat
- Water bottle & snack food
- Optional: Inclinator, compass, fieldbook & 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.), Fredston, J. & Fesler, 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.