



## Avalanche Courses (AST 1 and AST 2) Equipment List

### Technical Equipment

Bring the following, or rent it (see 'Trip Info Links' at the bottom of the Avalanche Courses pages):

- Alpine touring (or telemark\*) skis and ski boots, or a splitboard\*
- Ski poles
- Climbing skins (stick-on), fitted to your skis or splitboard

\*Only bring telemark skis or a splitboard to the AST 2 course if you are an advanced telemark skier or splitboarder with backcountry experience.

If you do not have one or more of the following items, you can rent them from the listed retailers or OnTop can provide them. Please book in advance.

- Digital, 3-antenna avalanche transceiver
- Lightweight snow shovel
- Avalanche probe (two to three meters long)

Bring the following:

- Daypack (35-45 liters).
- Repair kit and Leatherman (can be shared between several people)
- Spare parts specific to your equipment

### Clothing

Temperatures in the western Canadian mountains vary hugely. Between December and February, temperatures can be well below 0°C during the day and drop as low as -30°C overnight. Between March and May, it can be above freezing during the day with overnight lows not normally going below -10°C. Bring warmer clothing and more pairs of gloves than you would normally bring on a winter day trip. We will at times be standing around having discussions or observing others. Having several clothing layering options is important.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Down jacket or very warm PrimaLoft jacket
- Wind and waterproof over-pants (Gore-Tex or similar)
- Ski touring pants (eg. lined Schoeller fabric or similar)
- Thick fleece or wool pullover, or lighter weight PrimaLoft jacket
- Medium weight fleece shirt
- Thin synthetic or wool underwear, top and bottoms
- Three or four pairs of gloves (lightweight and heavier weight)

- Scarf or neck gaiter (eg. Buff)
- Socks (synthetic or wool, thick outer and thin liners)
- Wool or fleece hat that covers your ears
- Gaiters that fit over your ski boot (unless pants seal tightly to your boots)
- Sun hat, preferably with a wide rim
- Bandana (optional)

## **Lodging comforts**

- Spare underwear and socks
- Sleeping bag or sheet (depending on accommodation)
- Earplugs (optional)
- Full set of toiletries, town clothes and footwear for your chosen accommodation

## **Other items**

- Sunglasses with high UV protection
- Ski goggles with high UV protection
- Sunscreen and lip protection with high SPF
- One-liter water bottle with insulator. Water bladders not recommended
- Thermos (optional, but recommended)
- Headlamp with spare battery
- Lunch and snacks (eg. sandwiches, candy bars, dried fruit, nuts, etc.)
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Health and travel insurance documents
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional)
- Rain cover specific to your pack, or large plastic bag
- Camera, spare batteries (optional)
- Compass, maps, GPS (optional)
- Waterproof notebook (eg. Rite in the Rain) and waterproof pen or #2 pencil
- Ski wax / skin wax (optional)
- Hand sanitizer or sanitary hand wipes

## **Additional optional items for AST 2:**

- Avulator 2 card
- Snow saw
- Snow study kit
- Compass with clinometer
- Snow thermometer