



## Avalanche Course – Equipment Checklist

Day pack (25-40L)

Ski boots, skis or splitboard, poles & skins (snowboard and showshoes are acceptable for AST 1)

Digital transceiver, aluminum shovel, and probe (these are available for rent – please book in advance)

Helmet optional

Wool or synthetic long sleeve baselayer shirt

Soft shell jacket (ie. Schoeller material), insulating layer (ie. Fleece or synthetic jacket)

Waterproof / breathable outer jacket

Down or synthetic fill jacket

Long underwear, snow pants or soft shell pants and rain pants

Toque, warm snow gloves (with waterproof shells), and light gloves with good dexterity

A lightweight balaclava or neck tube is also a good idea

Goggles, sunglasses, sunscreen, lipbalm, sunhat

Headlamp with good batteries

Some toilet paper in a Ziplock bag & small lighter or extra Ziplock

Personal blister kit, tape

Lunch, water bladder (warm water with insulated tube) or water bottle or thermos

Camera (optional)

Compass with inclinometer (optional for AST 1, recommended for AST 2)

Altimeter watch (optional for AST 1, recommended for AST 2)

Whitewater map [www.mightybighornmaps.com](http://www.mightybighornmaps.com) (optional for AST 1, recommended for AST 2 Nelson)

Kootenay NP / Rockwall map [www.chrismar.com](http://www.chrismar.com) (optional for AST 1, recommended - AST 2 Canmore)

### Also recommended for AST 2:

Kootenay Pass map [www.mightybighornmaps.com](http://www.mightybighornmaps.com) (for AST 2 Nelson)

Summits and Icefields map [www.mec.com](http://www.mec.com) (for AST 2 Canmore)

Canmore & Kananaskis Village map [www.gemtrek.com/canmore.html](http://www.gemtrek.com/canmore.html) (for AST 2 Canmore)

Snow saw (one that also cuts wood like the G3 Bonesaw is preferred)

Thermometer (digital or alcohol in armoured casing)