

Equipment List for AIARE Recreational Level 1

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to your individual requirements. Items marked with a * are items that we rent or we can coordinate rentals with a local shop. When packing **THINK LIGHTWEIGHT!**

Essentials

- Beacon. We provide these if you do not have one.
- Shovel. Small collapsible style. We provide these if you do not have one.
- Probe. We provide these if you do not have one.
- On the snow transportation*. This can be snowshoes, skis or splitboard. With skis and splitboards you will need skins. For telemark and alpine touring rentals call Mammoth Mountaineering (760) 934-4191. We rent snowshoes. A split board will get you up, but we will not be climbing for turns so carrying a board up might not be worth it for the few turns you will get in.
- Footwear. Ski/board boots, or Sorrels or heavy boots for snowshoers.* We rent mountaineering boots that are suitable for snowshoeing.
- Poles.*

Clothing

- 2 pair synthetic or wool socks. Ski socks are great since they go above the boot cuff.
- Gaiters. Necessary only if pants don't cover boot top. If there is a gap, snow will get in and your feet will be wet and cold.
- Long underwear top and bottom.
- Warm pants, to layer between base and waterproof layer, such as softshell fabric. Get a lined style if you tend to run colder.
- Another fuzzy sweater top, such as fleece or Polartec.
- Pile/fleece/softshell fabric jacket.
- Light down jacket; synthetic fill is second choice. This is optional & can replace the previous item.
- Good quality rain/wind pants and rain jacket. Must be water proof and jacket must have a hood. Don't skimp on your rain gear.
- Warm hat that covers the ears.
- Visor hat (for sun).
- Neck gaiter.
- Lightweight windstopper-type gloves.
- Shell gloves or mittens.

Etc.

- Daypack. A pack of 25-35 L is plenty big enough.
- Sunglasses, high quality with keeper leash. Wrap-around or a type with side shields are recommended. If you wear corrective glasses you might want a second pair.
- Sunscreen and lip screen. SPF 30+. Make sure the lip stuff actually contains a sunscreen. A 1oz. bottle will be sufficient.
- Two 1 L plastic water bottles.
- Thermos for a hot drink during the day.
- Camera/phone camera.
- Pencil for making notes in the AIARE notebook.
- Goggles and a face mask are great if it becomes stormy.
- Hand warmers if you tend to run cold.

Food

- Snacks and lunch for all two field days.

Vehicle

- Make sure that your vehicle is winterized with anti-freeze and bring tire chains. Be prepared for wintery and stormy travel.