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### **Course Description:**

The industry standard introductory course, our AIARE(American Institute for Avalanche Research and Education) Level One Avalanche Courses are unique because of our comfy yurt classroom and our emphasis on field based lessons and learning. In this 24 hour curriculum, students can expect to develop a good grounding in how to prepare for and carry out a trip, to understand basic decision making while in the field, and to learn rescue techniques required to find and dig up a buried person.

Students should expect to spend up to 5 hours each day in the field and 3 hours in lecture/group exercise at the yurt.

### **Brief Itinerary and 3 Day Course Flow:**

#### **Day 1**

Staying at the yurt this night

9:00AM Meet at Snowcat Loading Lot. Mile Marker 58 on WA Hwy 2. 78 miles from Seattle. 10:30AM – 6PM Introductions, Rescues, and Lecture

Curriculum Covered includes:

Skills Review, assessing the group.

Course Goals and Objectives

Introduction to the Avalanche Phenomena & Decision Making Companion

Rescue

Rescue Scenarios

Case Studies

#### **Day 2**

Staying at the Yurt this night

8:00AM – 6PM

You will Tour and stay at the Yurt this Night Curriculum Covered:

Snow/Weather Obs & Bonding Tests

ID of Avalanche Terrain & Trigger Points Avalanche Observation and Reference

Guide Travelling thru avalanche terrain

Teamwork & The Human Factor

Planning and Prep & Time Plan

### **Day 3**

8:00AM – 5PM

Trip Plan & Hazard Forecast

Implement a tour with proper planning & appropriate objectives and options for conditions Travel Techniques continued

Course Debrief

### **Gear Requirements and Food**

We will be transported in by snowcat on a nine mile long road. Please arrive on the 1st morning wearing ski gear and ready to boot up with moderate sized duffel and back pack. Do not over pack. 35 pound total limit on luggage.

CPC will be providing dinners and breakfasts. Please bring your own lunches and snacks for the field. We do not provide alcohol with meals so please consider bringing a responsible dinner beverage of your choice.

### **L1 Gear List**

For Lectures:

- o Course Handbook(Provided)
- o Field Notebook(Provided)
- o Pencil

Ski/Snowboard Gear:

- o Skis should be equipped with alpine touring or telemark bindings we prefer split board touring set ups with skins rather than snowshoes.
- o Ski Poles
- o Ski/Snowboard Boots that are comfortable to tour in
- o Skins
- o Avalanche Beacon
- o Medium to Large Blade collapsible shovel
- o Avalanche Probe (2.4 meter minimum)
- o Snow Saw(Optional)
- o Compass with clinometer
- o 2 Voile Long(18"+) ski straps

Clothing:

- o Soft Shell or fleece jacket
- o Hard Shell Jacket.
- o Down/Synthetic jacket or vest
- o 1 pair warm gloves
- o 1 pair spare gloves or Shell Gloves/mitts
- o Warm Hat
- o Balaclava
- o 2 pair Good wool or synthetic ski socks, check the fit of your socks in boots before the trip

- o 1 pair light weight long underwear
- o 1 pair soft shell/fleece pants
- o Shell Pants

Backpack:

- o 15-35 Liter capable of carrying skis/snowboard preferably with separate probe/shovel compartment.

Sleeping Equipment:

You will sleep in mattress bunks in a heated bunk room.

- o Lightweight Winter sleeping Bag, shouldn't need more than a 20 degree as we will be sleeping in the yurt. If you get cold easily, err on the conservative and bring a 0-5 degree. No pads needed.
- o Toiletry Kit

Misc. Equipment:

- o Goggles
- o Sun Glasses
- o Personal First Aid Kit
- o Thermos – Optional
- o Food – We will provide dinners and breakfasts. Please let us know if you have any food allergies or aversions! You should bring food for lunches and snacks for all three days. We will have a cooler under the yurt for food storage.
- o Lip Balm/Sunscreen
- o Head Lamp
- o 2 Water Bottles or Hydration bladder with 1 Bottle
- o Swim suit and towel for the wood fired sauna