

# EQUIPMENT LIST

## INDIVIDUAL GEAR

1. Skis and Touring Bindings
2. Climbing Skins
3. Ski Poles
  - *For Snowboarders:* Split Board with climbing skins or Snowboard with snowshoes
  - Ski Poles (Snowboarders need poles for uphill travel, therefore collapsible poles are mandatory)
  - (Note: For AST2, all snowboarders must have Split Boards, no snowshoes)
4. Avalanche Transceiver
5. Probe
6. Shovel
7. Layered Ski/Snowboard Clothing (no Cotton!)
8. Tuque and/or Helmet
9. 2 pair gloves/mitts
10. Goggles & sunglasses
11. Headlamp with fresh batteries
12. Personal snacks & lunch (Fat better than Sugar for staying warm)
13. Water (with optional insulation, start with warm/hot)
14. (Optional packages of Hand & Toe Warmers)
15. Backpack to carry above items

**GROUP GEAR** (For AST1/2, instructor will provide. For Lodge-based AST2+ students, bring if you have items.)

1. 1st Aid Kit
2. Repair Kit (Bailing Wire, Zip Ties, Duct Tape, Tools, Spare Pole Basket)
3. Navigation (Maps, Compass, GPS)
4. Avalanche Science (Inclinometer, Snow Saw, Crystal Screen, Loop, Thermometer, Cord)
5. Rescue (Rescue Toboggan or Bivy Sack or Space Blanket, Rope)

Need to rent something? Visit [Red Mountain](#) or [Big Red Cats](#) - they'll help set you up with everything you need.