



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Avalanche Course 1 Equipment List- Tahoe

It is extremely important to the success and safety of your course that you bring all the items listed below. The weather can vary dramatically. Be prepared to encounter all types of conditions. Any questions give us a call at: 877-686-2546

*The items noted with an \* can be provided at no cost by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

### Equipment



#### Ski or Splitboard

Alpine touring or Telemark skis.

**Example:** [Black Diamond Helio Recon 105 Ski](#) or [Blizzard Zero G 095](#)



#### Skins

Some ski manufacturers make skins precut for your skis. Otherwise they need to have coverage over most of the ski. The edge needs to be showing but no base showing between the edge of the ski and the skin for about 80% of the skis length.

**Example:** [Black Diamond Ascension STS Climbing Skin](#)



#### Bindings

Alpine touring or telemark bindings. For AT, the pin style toes are the lightest and tour the best, but there are other styles as well.

**Example:** [Salomon S/Lab Shift MNC 13](#)



### Ski Boots

Any alpine touring or telemark boots. Regular resort skiing boots will not do.

**Example:** [Tecnica Zero G Tour W](#) or [Salomon S/lab MTN](#)



### Ski Poles

A lightweight pole is best.

**Example:** [Black Diamond Helio Fixed Length Carbon Ski pole](#)

## Avalanche Safety Gear

We can provide all your avalanche safety gear, if needed!



### Avalanche Probe **\*(We can Provide)**

A probe of 2-3 meters in length is fine.

**Example:** [Black Diamond Quickdraw Tour Probe 280](#)



### Avalanche Transceiver **\*(We can provide)**

A simple device with smooth features that you can use easily. Make sure to check the functionality of your transceiver prior to your trip and change batteries often.

**Example:** [Black Diamond Recon BT Avalanche Beacon](#)



### Backcountry Shovel **\*(We can provide)**

A lightweight and collapsible design for avalanche rescues.

**Example:** [Black Diamond Deploy Shovel](#)

## Other Gear



### Backpack

An internal frame backpack 30-40 liters in size. Make sure it fits to your specifications. Ice axe loops are preferable.

**Example:** [Black Diamond Mission 35 Pack](#)



### Headlamp

It must be hands free for those pre-dawn ascents.

**Recommended:** [Black Diamond Sprint 225 Headlamp](#)



### Ski Strap

To connect your skis together. Makes traveling a little easier.

**Example:** [Black diamond Ski Strap](#)



### One- Liter Wide Mouth Water Bottles

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles. No tubing features they will freeze.

**Recommended:** [Nalgene 1-liter Wide Mouth Bottle](#)



### Full Wrap Sunglasses or Glacier Glasses

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate

**Example:** [Julbo Montebianco](#)



### Ski Goggles

A good fitting pair of goggles make sure to have glacier glasses or full wrap sunglasses as well so you can take your goggles off when you're hot.

**Example:** [Smith Showcase OTG Asia Fit](#) or [Giro Axis Goggle](#)

## Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



### Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

**Example:** [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



### Ski Pant (soft shell)

A lighter weight non-waterproof pant that breathes much better than waterproof pants. This is what you will probably be wearing most of the time.

**Example:** [Arc'teryx Shashka Pant](#) or [Patagonia Men's Powslayer Pants](#)



### **Lightweight Long Underwear Base Layer Bottom**

Choose a synthetic or wool. Cotton will not be acceptable.

**Example:** [Ridge Merino Men's Aspect Midweight Merino Wool Base Layer Bottom](#) or [Patagonia Women's Capilene® Thermal Weight Bottoms](#)



### **Lightweight Long Underwear Base Layer Top**

Choose a synthetic or wool long sleeve.

**Example:** [Ridge Merino Women's Aspect Merino Wool High Neck Top](#) or [Under Armour Men's Cold Gear® Fitted Crew](#)



### **Insulating Layer- Lightweight**

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

**Example:** [Patagonia Women's and Men's R1® Fleece Pullover](#)



### **Insulated Down or Synthetic Jacket**

Down or synthetic fill puffy parka. Down is lighter weather in the High Sierra can vary

**Example:** [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



### **Warm Hat**

A wool or synthetic hat that's not too bulky.

**Example:** [Black Diamond Merino Beanie](#)



### **Sun Hat or Ball Cap**

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

**Example:** [Patagonia P-6 Logo LoPro Trucker Hat](#)



### **Ski Socks**

Very thin ski socks.

**Example:** [Eurosock Ski Lite](#)



### **Insulated Glove- Mid Weight**

Water resistant and wind proof and highly insulated.

**Example:** [Black Diamond Spark powder Gloves](#)



### **Lightweight Glove**

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

**Example:** [Black Diamond lightweight fleece gloves](#) or [Mammut Fleece Pro Glove](#)



### **Buff**

Can be used for many things including a neck warmer and face mask

**Example:** [Buff Midweight Merino Wool](#)

## **Other Items**

Gear that will make your trip run a lot smoother.

### **Sunscreen**

A must whenever exposed outdoors choose a 30 SPF or higher.

### **Lip Balm**

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

### **Small Personal Kit**

Personal medications, blister kit, etc. (the guide will have a full first aid kit)

### **Lunch Food and Snacks**

Please bring lunches and snacks for all of the trip days. Bring a blend of protein and carbohydrates.

### **AIARE field book [\\*\(We can provide\)](#)**

We will be sending pre-course material prior to the date.

### **Notebook and 2 mechanical pencils**

Must be mechanical pencils. You cannot sharpen a regular pencil in the backcountry.

