



Whistler Alpine Guides Bureau  
19-4314 Main Street  
(Eagle Lodge)  
Whistler, BC  
V0N 1B4

Phone: 604.938.9242  
Fax: 1.888.658.5706  
Email: [info@whistlerguides.com](mailto:info@whistlerguides.com)

## Avalanche Skills Training Level I - Equipment List

### Recommended to bring to the evening session:

- Avalanche handbook (provided), notebook, and pen  
(Handbooks are available for pickup in advance)
- Drink and Snack

### Recommended to bring for the field days:

- Lift pass: Backcountry ticket available (ask about prices)
- Avalanche safety equipment (transceiver, shovel, probe) (available for rental)
- Skis or snowboard
- Ski or snowboard boots
- Poles
- Backcountry touring equipment (below rentals available)
  - Alpine trekkers & climbing skins for skiers
  - Snowshoes & poles for snowboarders
  - Powder touring skis with skins OR splitboards with skins
- Write in the Rain notebook + pencil (optional)
- Weatherproof / waterproof shell jacket and pants (Gore-Tex style)
- Warm synthetic under layer(s) (No cotton)
- Weatherproof Gloves (standard ski gloves are suitable)
- Light gloves for uphill (mountain bike / running gloves work well)
- Winter hat/toque
- Baseball cap or sunhat for sunny days (spring)
- Ski Goggles and sunglasses
- Sunscreen
- Water (at least 1 litre)
- Lunch and snack(s) \*prepare something that is easy to snack on throughout the day
- Thermos with warm liquid
- Personal items e.g.: camera
- Backpack to carry everything (available for rental) Approx 30 liters capacity (minimum)  
\*Snowboarders (except splitboarders) *must* have a pack that can hold a snowboard for the ascents

Please go over this list to ensure that you are properly prepared. Contact our office if you have any questions or want to reserve rental equipment. AST course participants receive discounted rental rates.

Keep in mind that the weather can vary from one extreme to the other while in the mountains. Bring enough clothing and supplies to be prepared and comfortable but do not over pack, as you will have to carry it all!