



## Recreational Level 1 Avalanche Course- Pre-Course Information

**Goal:** To provide a fundamental understanding of avalanches by examining snowpack, weather, terrain, and human factors associated with avalanche formation and triggering. The course length and curriculum meet the Level 1 Course guidelines of the American Avalanche Association (AAA). Yöstmark is endorsed by the AAA as a recreational course provider.

### Schedule (subject to change):

**Day 1: Morning:** Classroom session. Bring a laptop, tablet, or pen & paper for note taking during the classroom sessions. You are encouraged to wear street clothes for the morning but have your snow clothes/touring gear with you and be prepared for the afternoon session outdoors. Approximately one hour is allotted for lunch and travel, so please either bring a lunch or expect to purchase from a nearby restaurant. **Afternoon:** Avalanche rescue fundamentals in the field.

**Day 2:** Be prepared to spend a full day in the field! Bring adequate food, water, and clothing to spend 8 hours outside on the snow. Some of the topics that will be covered are terrain assessment, safe travel, snowpack observations, and stability tests.

**Day 3:** Meet in the morning prepared to spend 5 hours in the field, but you are encouraged to bring street clothes with you as the afternoon session will be indoors. There will be approximately one hour for travel and lunch between the field session and the classroom.

### Required gear for Field Sessions:

Skis or split boards	Avalanche Transceiver
Skins	Shovel
Boots	Probe
Ski Poles (snowboarders will also need them)	Sunscreen & lip balm with SPF
Ski pants or bibs	
Ski jacket or shell	Sunglasses or goggles
Warm layers (extra puffy for digging)	Warm hat
2 pairs warm gloves or mittens (one light one heavy)	Water bottle & food

Optional: Inclinator, compass, field book & pencil, snow saw, magnifying lens, crystal card, folding ruler, thermos, baseball hat

**Pre-Course Work:**

Start reviewing the morning forecast: <https://bridgertetonavalanchecenter.org>. Look around and acquaint yourself with the website.

Know Before You Go provides a good, free Awareness Course: <http://kbyg.org> under the Awareness Tab.

**In addition:** we will be sending out via email, a set of reference documents (listed below) that we will be using during our classroom days. Please read through these before the course begins.

- ATEs: Avalanche Terrain Evaluation Scale
- Mindset list
- AM/PM form, Travel Planning template
- Avalanche Problems list and definition
- Stability test and scoring
- Stability Wheel
- Human factors

**Recommended Pre-Course Reading (strongly advised):**

Staying Alive in Avalanche Terrain, (3<sup>rd</sup> ed.), Tremper, Bruce, 2018, The Mountaineers Books

Snow Sense: A Guide to Evaluating Snow Avalanche Hazard, (5<sup>th</sup> ed.), Fredston, J. & Fesler, D., 2011, Anchorage: Alaska Mountain Safety Center, Inc.