



AIARE Avalanche Level I Seminar

The MAS [AIARE Avalanche Level 1 Seminar](#) provides a complete introduction to the avalanche phenomenon. Course focus is on recognizing and mitigating hazards and learning to make good decisions in avalanche terrain. All participants gain a thorough understanding of terrain and snowpack evaluation, trip planning, travel techniques and rescue skills.

COURSE OBJECTIVES

- Understand how weather, terrain, and snowpack affect avalanche hazards
- Learn and practice search techniques with avalanche transceivers
- Understand protocol for efficient search and rescue of avalanche victims
- Gain skills to analyze the snow pack and perform stability tests
- Identify human factors which contribute to avalanche hazard
- Learn how to choose safe routes in avalanche-potential terrain

This course blends classroom and field work and is based on a 24 hour curriculum provided by [AIARE](#) (American Institute of Avalanche Research and Education). Here is an estimate of how your time will be spent during the program:

- Day 1: 50% Classroom; 50% Field work. Topics: terrain, observations, rescue
- Day 2: 40% Classroom; 60% Field work. Topics: instability tests
- Day 3: 20% Classroom; 80% Field work. Topics; travel skills, decision making

PREREQUISITES

- Good physical fitness with ability to hike 3-4 miles with mid-weight day pack.
- Ability travel on snow via snowshoes or skis (randonee or telemark), or splitboard. MAS has snowshoes & randonee skis for rent with advanced reservations.
- [MAS Avalanche Awareness Lecture](#) recommended

ADDITIONAL RESOURCES

- [How to Prepare for an AIARE Level I Course](http://bit.ly/tjt0rQ) (<http://bit.ly/tjt0rQ>)
- [Sierra Avalanche Center](#)
- [Highway 4 road condition](#)

LOCATION

[Bear Valley](#), CA (elevation 7093 ft.) in the central Sierra between Tahoe and Yosemite 2 hours east of Stockton up scenic [Highway 4](#).

MEETING TIME & PLACE

Day 1 starts at 9 AM in the MAS office at the BaseCamp Lodge in Bear Valley, CA. Day 2 & 3 typically start 30 minutes earlier each day.

LODGING OPTIONS

[Nordic Loft](#): Affordable bunk & private rooms with shared facilities (209) 753-6556

[Bear Valley Lodge](#): Private rooms with bathrooms. (209) 753-2327

[Bear Valley Vacation Rentals](#): Condo and home rentals (209) 753-2334

[Dorrington & Arnold Lodges](#): 30 minutes from Bear Valley

EQUIPMENT LIST ON REVERSE SIDE

AVALANCHE FIELD COURSE EQUIPMENT LIST

SKIERS

- Boots*: high-top waterproof leather or plastic telemark, randonee or alpine boots
- Skis*: telemark, randonee or alpine skis with [binding adapters](#)). ≥90mm waist recommended.
- Bindings*: 3-pin, cable, randonee or alpine bindings with [binding adapters](#).
- Climbing skins*: glue needs to be in good condition & skins should be close to the width of the skis.

SNOWSHOERS

- Sturdy waterproof leather hiking boots or snowboard boots.
- Snowshoes*
- Gaiters (optional)

SNOWBOARDERS

- Either splitboard with skins or snowshoes
- Make sure your board can attach to your backpack

MISC. EQUIPMENT

- [AIARE Field Book](#) (required - available for purchase at registration \$20)
- Backcountry Ski Poles*: telescoping probe poles are the best, but regular ski poles will suffice.
- Day pack* (approx. 30 liters)
- [Snow Study Kit](#) (optional - available for purchase at registration \$85)

CLOTHING

- Synthetic liner and hiking socks
- Synthetic or wool long underwear top and bottom.
- Warm pants: tights or expedition polypropylene or similar weight.
- Warm shirt: expedition polypropylene or light fleece type.
- Good quality rain/wind waterproof/breathable jacket and pants.
- Warm hat & sun hat
- Warm winter gloves: an extra pair during stormy weather is nice

ETC...

- Sunglasses and goggles
- Personal 1st aid supplies of items you typically require (eg. moleskin, ibuprofen, etc)
- Sunscreen and lip protection
- 1 liter water bottle
- Headlamp with extra batteries (optional)
- Camera and film (optional)
- Writing material for taking notes
- Two lunches and snacks

MAS PROVIDES

- AIARE Level I course curriculum and professional instruction
- Printed Student Manual for use during course (option to purchase a copy at registration)
- Avalanche safety equipment (beacon, shovel & probe)
- Snow study kit w/ slope meter, crystal card, and magnifying glass (option to buy at registration)
- Group first aid kit and basic field repair supplies
- [CLIF Bar](#) snacks

* gear rentable from MAS or regional mountaineering shops

