



AVALANCHE LEVEL I SEMINAR

OVERVIEW: The MAS Level 1 Course provides a complete introduction to the avalanche phenomenon, avalanche terrain, decision making, and rescue. This is an ideal first course for those new to travel in avalanche terrain and a great review or upgrade for anyone who has some experience or prior training but feels they need a skills "tune-up." The Level 1 is designed as a stand-alone course for back-country travellers; it also serves as an introduction to avalanches and is a lead in to the AIARE Level 2 Course for those who wish to progress.

Participants on a Level 1 Course can expect a minimum of about six hours of classroom instruction and about 10 to 12 hours of field instruction in the following subjects:

- Types of avalanches
- Characteristics of avalanches
- An introduction to how avalanches form and release
- Avalanche terrain
- Trip planning and preparation
- Travel techniques
- Decision making
- Avalanche rescue

LOCATION: Bear Valley, CA (elevation 7093 ft.) in the central Sierra between Tahoe and Yosemite approximately 2 hours east of Stockton along Highway 4.

PREREQUISITES

- Good physical fitness
- Avalanche Awareness Lecture recommended
- Ready to learn, share and have a good time

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

MEETING TIME & PLACE: The course starts at 8 AM at the MAS office in Bear Valley, CA and finishes between 4-5 PM each day. Be prepared for both indoor lectures and outside sessions and bring lunch and snacks for both days.

LODGING PACKAGE (OPTIONAL) : MAS has leased a cozy ski cabin in Bear Valley for the 2007/2008 winter season. This stylish dwelling is available to MAS course participants and their guests. Conveniently located only two minutes walk from the old BaseCamp Lodge, this snowbound cabin is a great way to enjoy Bear Valley during your MAS program or adventure.

The cabin sleeps 4-6 people comfortably in two private rooms and a loft. All guest share bathrooms on two floors. A large and well lit living room is comfortably furnished around a cobblestone fireplace. The kitchen is nicely equipped with modern amenities and guests are welcome to use the kitchen or gas barbeque to cook meals.

Rates: (includes linens and a self-serve breakfast)

Private room: \$65/single & \$25 additional person

Single bed in loft: \$40

• EQUIPMENT LIST ON REVERSE SIDE •

AVALANCHE FIELD COURSE EQUIPMENT LIST

SKIERS

- Boots*: high-top waterproof leather or plastic Nordic boots; plastic randonee or light alpine boots
- Skis*: metal edged skis are recommended. Modern waxable telemark skis, alpine touring, or nordic backcountry skis with patterned bases.
- Bindings*: either 3-pin, cable, NNN BC, randonee or alpine bindings with touring adapters. Make sure bindings are secure and fit boots properly. Check your binding screws.
- Climbing skins*: close to the width of the skis' waist. Skis with an aggressive pattern may not require skins. Available for rent through the MAS office by advanced reservation only.

SNOWSHOERS

- Sturdy waterproof leather hiking boots or snowboard boots; "Moon boots" and Sorel's, although adequate, are a bit heavy and sloppy for snowshoeing.
- Snowshoes (modern 22-32 inch snowshoes are usually big enough). M.A.S. will provide if needed.

EQUIPMENT

- Poles*: telescoping probe poles are the best, but regular ski poles will suffice.
- Waterproof gaiters may not be needed depending on your boot and pant system
- Avalanche beacon (457 MHz), probe pole, and shovel (MAS will provide these if you don't have them)
- Snow study kit with slope meter, crystal card, and magnifying glass (optional)
- Day pack to hold extra clothing, lunch, and avalanche safety equipment.
- Sleeping bag for lodging option in the bunks. Private rooms have prepared beds.

CLOTHING

- 1 pair synthetic liner socks and two pair heavier synthetic or wool blend socks, hiking style.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight.
- Warm shirt: expedition polypropylene or light fleece type.
- Fleece jacket, light down or synthetic fill jacket.
- Good quality rain/wind waterproof/breathable jacket and pants.
- Warm hat, sun hat, and neck gaiter
- Warm winter gloves: an extra pair during stormy weather is recommended
- Casual clothing and slippers for back at the farm

ETC...

- Sunglasses and goggles (very useful in foul weather)
- Toiletries, personal medications and first aid supplies you know you might need (e.g. moleskin, ibuprofen)
- Heavy-duty sunscreen and lip protection
- Two 1 liter water bottles
- Headlamp or flashlight
- Bathrobe & slippers for hallways (BaseCamp lodging)
- Camera and film (optional)
- Writing material for taking notes
- Two lunches and snacks

MAS PROVIDES

- Optional two nights accommodations (lodging package)
- Avalanche safety equipment (beacon, shovel & probe)
- First aid kit, repair and contingency supplies
- Professional instruction
- AIARE (American Institute for Avalanche Research & Education) Level I course material, handouts & curriculum

* gear rentable from a mountaineering shop

