

## AIARE 1 Avalanche Course



The AIARE 1 is a 3 day/24 hour introduction to avalanche hazard management.

Students can expect to develop a good foundation on how to prepare for and carry out a backcountry trip, to understand basic decision making while in the field, and to learn avalanche rescue techniques.

This is a comprehensive, entry level course designed for those with basic ski / snowboard touring experience. There are no other prerequisites. For dates and more information, please contact us.

All programs directed by Adrian Ballinger | AMGA - IFMGA Certified Mountain Guide



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## Dates:

See website for course dates.

## Price:

\$475, includes all necessary classroom supplies

## Location:

Field sessions take place in Squaw Valley and on Donner Pass located in Lake Tahoe, California. Alpenglow operates in partnership with the US Forest Service, Squaw Valley | Alpine Meadows as well as the Truckee Donner Land Trust.

Classroom sessions take place in Olympic Valley (Squaw Valley), California. Details for meeting locations and times will be provided prior to course start.

## What to bring:

For classroom sessions, you can wear comfortable clothes as there will be time to change out for field sessions. Most students find it useful to bring note taking material. For field sessions, please bring the following:

- Touring skis or snowboard with skins, boots, poles (let us know if you require rentals)
- Avalanche transceiver, probe and shovel (let us know if you require rentals)
- Backpack, 20-35 liters
- Food, water, sunscreen, lip balm
- Clothing
  - Under layers:
    - lightweight merino wool or synthetic long john top and bottom
    - lightweight merino wool or synthetic t-shirt
    - lightweight merino wool or synthetic briefs/ underwear
    - wool/ synthetic socks
  - Outer layers/ insulation:
    - Soft shell “guide pants”, or hard shell goretex pants, conditions dependent
    - Soft shell jacket
    - Hooded puffy jacket (down or synthetic)
    - Hard shell jacket (waterproof/ breathable)
    - warm beanie
    - lightweight gloves with good dexterity
    - warm, waterproof gloves or mittens



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- Misc:
  - sunglasses
  - goggles
  - camera

*Avalanche transceiver, probe and shovel are available from Alpenglow at no charge, on a first come first serve basis. Please request rentals from our office prior to your course date.*

## What to Expect:

We begin the course in the classroom, and your instructor will give an overview of what to expect for the duration of the course. Days 1 and 2 are roughly 50/50 classroom and field time, and day 3 is roughly 20% classroom and 80% field.

## Learning outcomes

At the end of the AIARE 1 course the student should be able to:

- Plan and prepare for travel in avalanche terrain.
- Recognize avalanche terrain.
- Describe a basic framework for making decisions in avalanche terrain.
- Learn and apply effective companion rescue.

Instructional sessions (24 hours including both class and field instruction) :

1. Introduction to the Avalanche Phenomena
  - Types and characteristics of avalanches
  - Avalanche motion
  - Size classification
  - The mountain snowpack: an introduction to metamorphism and layering
2. Observations and Information Gathering
  - Field observation techniques
  - Snowpack tests: rutschblock, compression test, extended column test
  - Avalanche danger factors or “Red Flags”
  - Observation checklist
  - Avalanche danger scale
3. Trip Planning and Preparation
  - Avalanche terrain recognition, assessment, and selection
  - Route finding and travel techniques
  - Decision making and Human Factors
4. Companion Rescue and Equipment

