

## Clothing/Equipment List for Level 3 Mountain Safety Courses

### ***Snowboarders:***

<b>Boots:</b>	Normal riding (soft boots are easier for going uphill)
<b>Board:</b>	Normal but extra straps to attach to rucksack when going uphill or split board
<b>Sticks:</b>	Telescopic poles are best as they can be put in rucksack.
<b>Snowshoes:</b>	The snowshoes should have an integral crampon and a heel lift option. Avoid the North American type distinguished by aluminum tubing running round its length. Check they fit!.

### ***Skiers:***

<b>Boots:</b>	Normal downhill, Ski Mountaineering or Telemark.
<b>Skis:</b>	Alpine or Ski Mountaineering skis with touring bindings e.g. Fritschi Diamir, Telemark or pin. (No Adaptors). Bring old skis for early season courses
<b>Poles:</b>	Normal downhill (larger baskets worth considering)
<b>Skis:</b>	Either 'tip fix' or 'tip and tail fix' skins, ensure that the skins are almost as wide as the narrowest part of the ski and shaped to the ski.
<b>Ski Crampons</b>	Otherwise known as 'Harscheissen'. Make sure these fit your ski touring bindings.

Ski touring skis, skins and snowshoes can be hired in the UK or sometimes in the resort where the course is being run. See specific resort info.

Even though a shop hires ski mountaineering equipment, they might not be fully aware of how to adjust the touring bindings. Please ensure that you check the following have been adjusted correctly for you:

- Correct binding size for your boot
- Toe binding height
- Forward pressure
- Front and rear DIN settings

Check to see that the skins provided are sticky (they should be difficult to separate in a warm shop environment) and are the correct width/length for the ski being used.

If you are borrowing skins from a friend check that the wire bale at the tip of the skin fits over the tip of your ski.

## **Everyone:**

<b>Transceiver:</b>	They must operate on the 457 kHz frequency.
<b>Rucksack:</b>	40 litre capacity with side straps to aid carrying skis or board.
<b>Clothes:</b>	Normal winter clothing used by a snowsports instructor; a versatile layering system is very useful.
<b>Altimeter:</b>	Optional, but very useful
<b>Compass:</b>	Silva Type 4/54 in 360 degrees (or similar) these are easier to source in the UK

## **Maps:**

For courses being run in France; 1:25,000 'La Carte de Randonnee' of the area where the course is being run.

<b>Andorra:</b>	1:25,000 and 1:40,000 maps of Andorra are available in the local supermarkets
<b>Chamonix:</b>	Map number 3630 OT, TOP 25, named Chamonix Massif du Mont Blanc
<b>Courchevel:</b>	Map number 3534 OT, TOP 25 named Les Trois Vallees
<b>Hintertux:</b>	Map Number 35/1 Alpenvereinskarte, Zillertaler Alpen West 1:25,000
<b>La Grave:</b>	Map number, 3435ET(Valloire) and 3436ET(Meije, Pelvioux) TOP 25.
<b>Lauterbrunnen:</b>	Swisstopo composite 1:2500 map of Jungfrau Region: sheet 2520
<b>Leukerbad</b>	Swiss Topo 1:25000 national map 1267 Gemmi (or Swiss Topo 1:50000 263S Wildstrubel, Snowsports map)
<b>Morzine:</b>	Map Number 3528 ET, Morzine Massif Du Chablais
<b>Verbier:</b>	Map numbers 1326(Rosablanche) and 1325(Sembrancher) 1:25,000
<b>Zermatt:</b>	Map number 2515 Landeskarte Der Schweiz Zermatt/Gornegrat

Seriously consider getting your map laminated to protect it from the elements, visit [www.aqua3.co.uk](http://www.aqua3.co.uk) for prices. If your map is not laminated, protect it with an Ortlieb map case, or similar.

## **Other:**

<b>Avalanche Probe:</b>	2m 40cm minimum length
<b>Basic 1<sup>st</sup> Aid Kit:</b>	Make sure you can deal with blisters and headaches yourself.
<b>Plastic Card:</b>	A credit card, snow crystal card or metal ski base scraper, to help identify different layers in the snow pack.
<b>Snow Shovel:</b>	Longer handled shovels are much easier to work with and should be metal
<b>Water Bottle/Flask:</b>	Camel back systems are OK as long as you can stop them freezing up.

## **Group Equipment:**

The following will be supplied by the course Trainers, and shared out amongst the group to carry:

- Emergency shelter
- Sling and krab
- First Aid Kit
- Rope
- Repair kit

**All equipment, whether owned, hired or borrowed must be collected and ready to use at 9am on the morning of your course.**

## Additional Recommended Learning

### Books and Video

- Avalanche Safety for Skiers and Climbers by Tony Daffern ISBN 0-906371-26-0.
- The Avalanche Handbook by David McLung and Peter Schaerer ISBN 0-898863-643.
- Avalanche by Robert Bolognesi (Cicerone ISBN-13 978 185284 473 8)
- Avalanche and off piste safety DVD (avalancheawareness.co.uk)
- Off Piste Essentials DVD by the BMC ISBN- 978-090390813-9
- Staying alive in avalanche terrain by Bruce Tremper ISBN 978-1-59485-084-4
- Snow Sense – Jill Fredston and Doug Fesler ISBN 0-9643994-0-7
- Weather for hillwalkers and climbers – Malcolm Thomas ISBN 0-7509-1080-1
- Hypothermia frostbite and other cold injuries – Wilkerson, Bangs and Hayward ISBN – 0-89886-024-5
- Mountaincraft and Leadership by Eric Langmuir ISBN 1-85060-295-6
- Mountain Navigation – Peter Cliff ISBN 1-871890-55-1

### Off Piste and Ski Touring Guide Books

*with very useful safety guidance, produced by Vamos [www.editionsvamos.com](http://www.editionsvamos.com)*

- Val D'Isere-Tignes Off Piste by Jean-Luc Steiger & Guy Bonnevie ISBN 2-910672-10-7
- Chamonix Off piste by Francois Burnier & Dominique Potard ISBN 2-910672-10-7
- Mont Blanc Ski tours by Eric Delaperriere & Franck Gentilini ISBN 2-910672-08-5
- Les 3 Vallees Off Piste by Philippe Baud & Benoit Loucel ISBN 2-9106723-12-3
- L'Alpe d'Huez, Les 2 Alpes, La Grave Off Piste by Francis Ginet & Fabrice Villaret ISBN 2-9503673- 6-4

### Off Piste / Touring

- Off Piste by Wayne Watson ISBN 1-873668-04-X
- Alpine Ski Mountaineering Vol. 1 Western Alps by Bill O'Connor ISBN 1-85284-373
- Alpine Ski Mountaineering Vol. 2 Central & Eastern Alps by Bill O'Connor ISBN 1-85284-374 8
- Ski Touring: For off-piste, back country, ski tourers and ski mountaineers by Bruce Goodlad ISBN 978-1-906095-47-5



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