

PeakSTRATAGEM AST1 – Avalanche Skills Training 1, 30 November – 01 December 2019[©]

Course Details

Logistics

Course start: 0830h 30 November 2019, Nemi Room basement Legion Branch 3, 834 7 Street, Canmore, Alberta.

Light lunch will be provided (soup, salad, garlic bread).

Course end: NLT 1500h 01 December 2019, Chester Lake trailhead, Kananaskis, Alberta.

Personal Clothing and Equipment

PeakSTRATAGEM recommends the following clothing:

- Fleece/Wool Hat (that can be worn under a helmet)
- Buff – optional (for cold and/or sun protection)
- Synthetic/Wool Baselayer Shirt (like Icebreaker Oasis) Synthetic/Wool Midlayer Hoody (like BD Factor)
- Synthetic/Wool Baselayer Pant (like Icebreaker Oasis)
- Synthetic/Wool Socks (like Icebreaker Hike+ or Ski+ OTC)
- Softshell Jacket (like BD Dawn Patrol) and Hardshell Jacket weather (like BD Recon)
- Hardshell Pants (like BD Recon)
- Light Insulated Jacket (like BD First Light)
- Medium or Heavy Insulated Jacket (like BD Belay) Insulated Pants – optional (like BD Stance)
- Light Gloves (like BD Tour) Medium Gloves (like BD Glissade)
- Heavy Gloves or Mitts (like BD Guide or Mercury)

The following resource material will be provided by PeakSTRATAGEM:

Avalanche Skills Training Handbook, Floyer/Robine

Avaluator 2.0

The following personal backcountry gear is required:

- Daypack 35-45L (recommend BD Mission 35)*
- Helmet (if skiing/splitboarding)
- Skis/splitboard w touring bindings (like G3 Ions) touring boots poles skins ski strap or snowshoes poles**
- Beacon w fresh batteries, Shovel, Probe**
- Fieldbook and pen or pencil (recommend RiteintheRain Levels no 311, YE99, 93B, PeakSTRATAGEM cover)*
- Optional: Snowscreen (recommend Thermometer (recommend Weksler Armoured Thermometer)
- Optional: Saw (recommend Stihl 33cm pruning saw)
- Sunglasses Goggles Sunscreen Thermos or Water Bottle w insulated sleeve
- Headlamp Small first aid kit with blister kit
- Lunch snacks fluids for an 8h day.
- Optional: Camera GPS and/or Smartphone inReach

*These items can be coordinated through PeakSTRATAGEM.

** These items are available in Calgary or Canmore for rent.

Please contact us in advance if you do not have your own.



PeakSTRATAGEM

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