



YETI Outdoor Program

Avalanche Skills Training (AST 1) - Participant Equipment Checklist

We will be in the classroom on Friday. Please be prepared to take notes with paper and pencil/pen. Please also bring your winter gear with you on Friday so we can discuss layering principles and do a safety gear check that night as well.

- Medical – If you require any specific medications (Ventolin, Epinephrine, etc.) make sure you have this with you.
- Good pack lunch with snacks every day. We are gone all day!
- Day Pack – The one you use for school will work fine for this trip. It will need to be large enough to carry food, extra clothing, avy equipment (shovel and probe, provided)
- Reusable Water Bottle (1L)
- Winter footwear (please see Mr. Fisher if Snowboard boots are to be used that they will fit the snowshoes provided)
- Warm winter gloves (weather resistant)
- Toque
- Sunglasses are recommended
- Layers: avoid cotton layers
 - Winter Jacket (Shell or lined)
 - Warm Top Layer
 - Base Top Layer
 - Waterproof Bottom Layer
 - Thermal bottom layer
- Optional Items
 - Camera
 - AVY beacon, shovel, probe (these will be provided if you do not own)