

School for International Expedition Training

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Mission Statement: SIET is a 501(c)3 nonprofit institution dedicated to providing risk management, technical, and leadership training to aspiring mountain guides, outdoor educators, and mountaineers.

Avalanche Level 1 Itinerary

Thursday- Logistics/Check-in

Thursday, 6pm-7pm – Evening ‘classroom session’ via Zoom

- 7pm: Intros, gear, logistics/itinerary, quiz answers, Q&A

Saturday- Field Day

Saturday, 7:30am-2:30pm: Meet about 5 miles west of [Guardsman Pass winter parking area](#), Big Cottonwood Canyon (access from the west side only, do not try to access this area from Park City directly as the pass is closed in winter!)

Field Topics (expect little mountain travel during this day, about 1-2 miles total):

- Matching the forecast to a tour plan
- Trailhead Checks
- Rescue Scenarios
- Snow Stability Tests

Sunday- Field Day & Lecture

Sunday, 7:30am-2:30pm: Meet in Big or Little Cottonwood Canyon (exact location TBD, parking pass in Alta may be required)

Field Topics (expect a solid day of mountain travel on this day, up to 2,000 feet of vertical gain over a few miles):

- Terrain Selection
- On-the-go Tests
- Weather and Snowpack Observations
- Group Travel Techniques

Sunday, 3:00-4:00pm: Zoom Lecture

- 3:00pm: Human Factors
- 3:30pm: Planning and Prep, Using Checklists, Navigation Software

- 3:50pm Wrap up- Question & Answers, Next Steps

AVALANCHE LEVEL 1 EQUIPMENT LIST

SKI/SNOWBOARD EQUIPMENT:

This course can be taken on alpine touring skis or split board. No prior backcountry experience is required but it is highly recommended that participants with touring gear have experience on their setup prior to taking this course and be comfortable in steep blue to black terrain at the ski resort in all conditions.

- Skis with touring bindings or split board
- Boots with a walk and ski mode, comfortable enough for long days of skinning up hill
- Poles with powder baskets (for split boarders too!)
- Climbing skins (if borrowing or renting, make sure they fit the length/width of YOUR skis)

SNOW SAFETY EQUIPMENT:

The following equipment is important safety equipment and should be in good condition. Please do not borrow gear unless you know the gear has been treated well, i.e. to manufacturer's recommendations.

- Avalanche transceiver (Digital, less than 5 years old)
- Avalanche probe (240cm or longer)
- Shovel (flat-backed, metal blade, collapsible, no plastic shovels)
- First Aid Kit and personal meds (personal kit for blisters, small cuts, headaches, upset stomach, etc.)

LAYERS:

This is the bare minimum for your average winter day, if you tend to get cold in winter conditions, especially while not moving for 1-2hrs, then bring more layers.

- Base layers (top and bottom thermals, wool or synthetic)
- Fleece (med or heavy weight)
- Waterproof/breathable jacket
- Lightweight down jacket (if you get cold easily bring this *as well as* a big one)
- Big down or synthetic down jacket (the bigger the better!)
- Gloves, 2-3 pair (you'll be sticking your hands in the snow a lot! Plan on going through multiple pairs)
- Buff and/or winter hat
- Ski/snowboard pants

OTHER:

- Goggles (both light and dark lenses would be ideal)
- Sun glasses, 100% UVA/UVB (required) and sun block
- Backpack, 35-45 liter
- Food and water (2 liters) for the field days (thermoses are great!)
- Helmets are recommended

SNOW STUDY KIT:

The following items are optional but will be useful for the course and future trips

- Guides Notebook- 4 5/8" x 7" all-weather paper ("Rite in the Rain" LEVEL, No.311 recommended) or AIARE Field Book.
- 2 Mechanical pencils (pens will freeze!)
- Crystal card
- Magnifying loupe (10x or more is ideal)
- Dial-Stem Thermometers (Centigrade)
- Snow saw and Ruschtblock cutting cord (3-millimeter cord works best)
- Inclinator (or compass with inclinometer; apps also available: UAC and/or Theodolite recommended)

LOCAL RENTAL OPTIONS:

- **Evo (highly recommended):** <https://www.evo.com/locations/salt-lake-city/services/ski-snowboard-rentals>
- **Wasatch Touring (highly recommended):** 702 E 100 S, Salt Lake City - (801) 359-9361
- **Black Diamond Retail (recommended):** 2070 E. 3900 South, Salt Lake City - (801) 278-0233
- **Outdoor Adventures (cheapest option, limited availability):** at the University of Utah - (801) 581-8516