



## AIARE Level 1 Avalanche Course

Are you interested in recreating outside in Colorado's winter backcountry environments? Maybe you have a new interest in backcountry skiing and snowboarding – or perhaps you would like to visit one of those high mountain lakes or peaks in the winter? Avalanche education, awareness, and safety are critical for anyone interested in snowy mountain environments.

[The AIARE Level 1 Avalanche Course](#) is a 3-day/24 hour introduction to avalanche risk management. By the end of this course, students will learn a process on how to plan and travel in the backcountry, identifying avalanche terrain and recognizing hazard, as well as how to be a strong contributor to a group. Students will also learn how avalanche rescue equipment works in a companion rescue, as well as how things like the avalanche forecast, snowpack tests, and field observations work to help improve our decision making and reduce our risk while enjoying the snow and solitude of winter.

## Registration

Students must register [online](#) before the start of the course. Avalanche courses are open to all currently registered Colorado State University students.

## AIARE Avalanche Level 1 Course

Registration: **\$375.00**

Register online at <https://purchases.csurec.colostate.edu>

### Registration Includes

- AIARE Avalanche Level 1 Course
- *Optional:* Avalanche Rescue Package Rental (Transceiver/Beacon, Probe, & Shovel)
- *Optional:* Backcountry Ski Touring Package Rental (Touring Skis, Climbing Skins, Touring Ski Boots, Poles, & Helmet)
- *Optional:* Backcountry Splitboarding Package Rental (Spliboard, Climbing Skins, Poles, & Helmet) – participant must supply their own snowboard boots
- *Optional:* Snowshoes and Trekking Poles Rental
- Transportation to and from CSU Main Campus to field locations on Feb 10-11

## Course Itinerary

*In-person classroom sessions will take place at the Student Recreation Center on the following nights, followed by two days in the field:*

Monday, Feb 5	6-9pm	Student Recreation Center
Wednesday, Feb 7	6-9pm	Student Recreation Center
Saturday, Feb 10	7a-7p	Cameron Pass and/or Rocky Mountain National Park
Sunday, Feb 11	7a-5p	Cameron Pass and/or Rocky Mountain National Park

## Winter Preparedness & Travel

Students participating in this course are responsible for adequately preparing for extended time and travel in the backcountry, including both moving through deep snow, standing, and stopping. Students are expected to arrive to the course with adequate equipment including snow travel, clothing, food, water, etc. Class sessions will take place in remote mountain environments for extended (>5hrs) periods of time in snow, wind, and cold temperatures. Questions regarding planning, preparation, and student expectations can be directed to your Instructor team.

## Equipment

This list details equipment provided by the Outdoor Programs and equipment that student participants are responsible for securing themselves. If you have questions regarding what to bring, or what is provided please contact us as soon as possible. Personal equipment is acceptable and is subject to approval by Outdoor Programs staff.

AIARE avalanche courses take place in alpine mountain environments where intense wind, cold, and snow can create unique winter conditions where equipment selection and use is critical – it is therefore your responsibility to review this equipment list thoroughly.

Equipment provided by the Outdoor Program	Equipment Participants Are Responsible for Securing
<ul style="list-style-type: none"> <li>• Avalanche Beacon, Shovel, and Probe Rental</li> <li>• Backcountry Ski Touring Package Rental (skis, skins, boots, poles, and helmet)</li> <li>• Backcountry Splitboard Touring Packaget (same as skis but PARTICIPANT MUST HAVE THEIR OWN SNOWBOARD BOOTS)</li> <li>• Snowshoes</li> <li>• Trekking Poles</li> <li>• Gloves</li> <li>• Daypack (optional)</li> <li>• Snow Study Kit &amp; Tools</li> </ul> <p>If Renting equipment from Outdoor Programs – our staff will assist you in sizing and select your equipment. Your equipment will be rented out to you through our Outdoor Gear Rental contract process for the duration of the AIARE course.</p>	<ul style="list-style-type: none"> <li>• Closed-toed waterproof <b>shoes/boots</b> (or ski/snowboard/winter boots)</li> <li>• Lightweight <b>bottom baselayer</b> (wool or synthetic)</li> <li>• Lightweight <b>top baselayer</b> (wool or synthetic)</li> <li>• <b>Fleece Top Layer</b> or other warm top</li> <li>• <b>Insulating jacket</b> (down or synthetic puffy)</li> <li>• <b>Shell Jacket</b> (Ski Jacket, Gore-Text or Similar)</li> <li>• <b>Ski/Snow Pants</b> – ideally softshell pants without much insulation, some ski pants will be too hot if they are too insulated</li> <li>• Other clothing depending on weather</li> <li>• <b>Stocking Cap</b> (with visor or stocking cap if colder)</li> <li>• <b>Winter Gloves</b> (at least two pairs)</li> <li>• Personal <b>Food</b> and for each field day</li> <li>• <b>Water</b> bottles (2 one-liter) or Thermos/Hydroflask</li> <li>• <b>Sunscreen</b></li> <li>• <b>Lip balm</b> w/SPF sun protection</li> <li>• <b>Sunglasses</b></li> <li>• <b>Ski Goggles</b></li> <li>• <b>Daypack</b> (30 -50L)</li> </ul>

### Refunds, Course Cancelation, and/or Rescheduling

This program is subject to a NO REFUND policy. Refund requests after registration will not be approved for any reason. Participants requesting refunds after registration will not receive a refund upon cancellation.

If Outdoor Programs cancels or reschedules the program due to weather or road closures, participants will be contacted with the option to receive a refund or reschedule the course date later.

### Accommodations

Colorado State University Outdoor Programs is dedicated to creating a welcoming and inclusive environment for all students and participants. Our goal is to provide support, assistance, and accommodations whenever possible to allow everyone to participate in Outdoor Program activities. Please contact Andy Nelson, Assistant Director of Outdoor Programs at [Andy.Nelson@colostate.edu](mailto:Andy.Nelson@colostate.edu) at the time of your registration with any questions, concerns, or requests for accommodation for any Outdoor Programs activity.