



# NORTHEAST MOUNTAINEERING

## AIARE Level 1 Itinerary

(Subject to change)

### DAY ONE

TIME	TOPIC	GEAR NEEDED	NOTES
8AM - 12:30PM	Welcome and Introductions	<input type="checkbox"/> Notebook and mechanical pencil <input type="checkbox"/> Computer <input type="checkbox"/> Smartphone <input type="checkbox"/> Coffee	<input type="checkbox"/> Write your name on your name card <input type="checkbox"/> Write your name on your blue field book with a permanent marker <input type="checkbox"/> Fill out class roster
	PREPARE- Track the Season's Conditions		
	PREPARE- Investigate Trip Options		
12:30PM - 1:00PM	LUNCH		
1:00PM - 4:30PM	Review- Jeopardy	<input type="checkbox"/> Notebook and mechanical pencil <input type="checkbox"/> Computer <input type="checkbox"/> Smartphone <input type="checkbox"/> Coffee	
	PLAN- Assemble Your Team		
	PLAN- Anticipate the Hazard		
	PLAN- Plan Your Route		
	PLAN- Discuss Your Emergency Plan		

**DAY TWO**

TIME	TOPIC	GEAR NEEDED	NOTES
8:00AM - 3:30PM	<p>RIDE SAFELY                      Instructor Demo of the Ride Safely Checklist and Instructor Snow Pits.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Touring gear</li> <li><input type="checkbox"/> Skins on skis/board or snowshoes</li> <li><input type="checkbox"/> Transceiver, Probe and Shovel</li> <li><input type="checkbox"/> Fieldbook</li> <li><input type="checkbox"/> Trailhead Function Card</li> <li><input type="checkbox"/> Warm Clothes (chemical hand and toe warmers)</li> <li><input type="checkbox"/> Touring boots or warm winter boots.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> We will start the day with avalanche rescue practice so dress warm.</li> <li><input type="checkbox"/> We will then go on a short tour with up to 1,500ft of gain and up to 3 miles round trip.</li> </ul>
3:30PM - 4:30PM	<p>Instructor demo of the debrief process</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fieldbook and mechanical pencil</li> </ul>	

**DAY THREE**

TIME	TOPIC	GEAR NEEDED	NOTES
8:00AM - 9:00AM	PLAN- Student Led Trip Plan Session	<input type="checkbox"/> Fieldbook and pencil <input type="checkbox"/> Smartphone and/or Computer	<input type="checkbox"/> Read the avalanche bulletin and weather forecast before you come to the AM Meeting (what happened overnight and what is the forecast?)
9:00AM - 9:45AM	Transition to Trailhead		
9:45AM - 4:00PM	RIDE- Student Led Tour	<input type="checkbox"/> Touring gear <input type="checkbox"/> Skins on skis/board or snowshoes. <input type="checkbox"/> Transceiver, Probe and Shovel <input type="checkbox"/> Fieldbook and pencil <input type="checkbox"/> Trailhead Function Card, Warm Clothes (chemical hand and toe warmers) <input type="checkbox"/> Touring boots or warm winter boots <input type="checkbox"/> Smartphone <input type="checkbox"/> 2 Snow saws/group <input type="checkbox"/> 2 Radios per group	<input type="checkbox"/> This will be an all-day tour with up to 3,000ft of elevation gain and approximately 7 miles round trip.
	Student Snow Pits		
	DEBRIEF and Course Close		

#### ONLINE RESOURCES:

- **Mount Washington Avalanche Center** - [www.mountwashingtonavalanchecenter.org](http://www.mountwashingtonavalanchecenter.org)
- **National Avalanche Center** - [www.avalanche.org](http://www.avalanche.org)
- **Avalanche Canada** - [www.avalanche.ca](http://www.avalanche.ca)
- **Know Before You Go** - [www.kbyg.org](http://www.kbyg.org)

#### ROUTE PLANNING & NAVIGATION:

- **Caltopo** - [www.caltopo.com](http://www.caltopo.com)
- **Google maps/google earth** – 3D terrain imagery
- **OnX Backcountry** - [www.onxmaps.com/backcountry/app](http://www.onxmaps.com/backcountry/app)

#### APPS:

- **Avenza** - Smartphone app to use after downloading a Caltopo map
- **Gaia GPS** - Smartphone app for navigation
- **Theodolite** - To measure slope angle, alpha angle, aspect & elevation (may need to calibrate)
- **Compass App** - Most phones have this
- **Guide pace** - Used to calculate how long a leg of your trip will take
- **Caltopo** - Smartphone app for navigation
- **Avy: Avalanche & Weather Info** - Submitting observations to the avalanche center
- **Windy** - Smartphone app for weather

#### PODCASTS:

- **Utah Avalanche Center Podcast**
- **The Avalanche Hour**
- **Slide: The Avalanche Podcast**
- **AvCan Podcast**

#### BOOKS:

- **Staying Alive in Avalanche Terrain** by Bruce Tremper
- **Snow Sense: A Guide to Evaluation Snow Avalanche Hazard** by Jill Fredston and Doug Fesler
- **Allen and Mike's Avalanche Book: A Guide to Staying Safe in Avalanche Terrain** by Mike Clelland and Allen O'Bannon

#### NEXT STEPS: CONTINUE YOUR EDUCATION!

- Review AIARE online course material
- Take an AIARE Rescue Course every 2 years. Practice 2-3x with your partners every year
- Read books
- Attend Snow and Avalanche Workshops (SAWs)
- Take a Level 2 Course
- Hire a guide to review course content or for just a fun outing!

