

## Avalanche Awareness for Ski Tourers and Free Riders

- **Entry standard for this course is the ability to be confident on black runs.**
- **Participants must have ski touring equipment or a split board with skins.**
- **Participants on this course should meet the instructor at Castleton Hall at 9am.**

This full day course will be run from Glenshee Ski Centre. The majority of the day will take place away from the pistes, however uplift will be used at the beginning of the day to enable ease of access to the back country. Participants will therefore need to purchase a single uplift ticket.

### Equipment List

Here is a list of **essential items**; if you do not have these items you will need to hire them. You will find details of hire options at the bottom of the page.

- Skis with touring bindings OR Split Board
  - Ski poles
  - Skins
  - Ski touring boots
  - Harscheissen (ski crampons)
  - Goggles
  - Sun Glasses
  - Warm Hat
  - Warm Gloves
  - Waterproof jacket with hood
  - Waterproof Ski trousers
  - Thermal bottoms or fleece trousers
  - Thermal top - long sleeves
  - Mid layers - fleece or synthetic
  - Soft shell or fleece jacket
  - Belay jacket (spare warm jacket)
  - Rucksack 20 - 35 litres
  - Vacuum flask and/or water bottle
  - Packed lunch
  - Sun cream and Lip Salve
- **Avalanche transceiver, Shovel, Avalanche Probe - If you have your own please bring them. If you don't have these items of equipment they will be provided free of charge by SAIS.**

#### **\*\*Ski touring equipment can be hired from:**

Braemar Mountain Sports, Braemar

[http://www.braemarmountainsports.com/index.php?main\\_page=rental](http://www.braemarmountainsports.com/index.php?main_page=rental)

Tiso, Perth

<http://www.tiso.com/shops/perth-outdoor-experience>

Craigdon Mountain Sports, Perth

<http://www.craigdonmountainsportspertth.com/portfolio-item/ski-touring-hire/>

(\*Ski Touring equipment is **not** available to hire from Glenshee)