

Alpine Course Equipment List

Ski und Snowboard

- Snowboard + 3 part Telescopic Ski Poles (powder baskets) **or**
- Off Piste skis

- Ski and Snowboard Clothing
- Helmet
- Ski Goggles, Sun Glasses
- Suncream and Lip protection from the sun
- Backpack of Approx. 20 L. (with straps to attach skis or snowboard)
- Avalanche transceiver with extra batteries, frequency 457 kHz;
MUST with 3 Antennas!
- Avalanche shovel (the shovel blade must be metal with a long handle)
- Avalanche probe (approx. 3 meters long, not one which screws together)
- First aid equipment (Ski teacher's first aid kit plus a strong, sports tape)
- Two man Bivvy (Biwaksack)
- Approx. 5m long and 5-6mm diameter cord or strong rope
- Material for taking notes (pens, notebook, ruler).
- A Whistle (for the alpine rescue signal).
- Not compulsory, but good to have: snow saw, magnifying glass, ABS backpack, snow thermometer, snow grid/snow card
- Tools like: duct tape or Leatherman
- Altimeter

- Alpine Safety - Textbook of the Tyrolean Ski Instructor Association available at the course location.
- Swiss National Maps - Swisstopo: scale 1:25.000
1159 Ischgl, 1179 Samnaun; are available to buy at the course.

