

Refresher cours freeride

Recommended literature:

- Study the book „Lawinen, Verstehen, beurteilen und risikobasiert entscheiden“ (only available in german/ can be ordered from us)
- Study the leaflet „Caution avalanches“ (will be sent upon registration)

General equipment:

- Modern 3-antenna avalanche transceiver (LVS) with marking function, spare battery
- Avalanche shovel
- Probe pole
- Backpack
- Functional clothing
- Thermos flask
- Compass and altimeter (if available)
- Kleines First Aid Kit
- Roll of strong adhesive tape
- Writing utensils

Snowboard equipment:

- Splitboard with skins and crampons
In an emergency, snowshoes, a powder-capable board (no pipe boards), and a backpack (with snowboard attachment) will also work (though not ideal)
- Boots
- Telescopic poles

Ski equipment:

- Touring or freeride skis with touring bindings (bindings with walking mode)
- Climbing skins adapted to the skis
- Crampons
- Touring or freeride ski boots with walking mode and rubber sole
- Ski poles with large, deep-snow baskets (no small piste baskets)