



## Avalanche Safety & Rescue Training

We're excited to welcome you to the Avalanche Safety & Rescue Training course, delivered in partnership with [Pisteur Secouriste](#). This course is designed to be a high-energy and immersive experience focused on mountain safety, companion rescue and casualty care within the complex, high-alpine terrain of the Alps.

A rough itinerary is detailed below:

- Day 1
- Weather phenomena theory
  - Snow morphology, crystal evolution and snow pack stability
  - Avalanche types and triggers
  - Rescue techniques (DVA, probe, shovel, dogs)
  - Med refresher

- Day 2
- Route selection in terrain
  - Snowpack stability assessment in terrain
  - Risk assessment in terrain
  - Rescue technique round robin in terrain

- Day 3
- Personal skills test morning
  - Major incident exercise afternoon

Below is the essential intel for the course, including the gear list and what to expect on the mountain as well as travel and accommodation information. Please let us know if you are having trouble getting to the resort - we could look at a group pickup / car rental. Give it a solid read through - if anything's unclear, just give us a shout via phone or email.

Looking forward to meeting you out there,

The NR / PS team

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<b>COURSE</b>	Avalanche Safety and Rescue Course Aim: Avalanche avoidance, rescue techniques for buried victims and casualty care
<b>LOCATION</b>	Salle des Iscles, Les Îles, 05240 La Salle-les-Alpes 05
<b>DATES</b>	29-31 March 2026
<b>PRICE</b>	900 Euros Balance payable prior to start date. In event of cancellation, we will provide full refund.
<b>BOOKING</b>	<a href="#">BOOK HERE!!</a>
<b>ACCOMODATION</b>	Included bunk style accommodation in training building (see pics below)

Accom is booked for the week, so feel free to stay on after course. Some of the training team may hit La Grave for some skiing after and you are welcome to join!

**LIFT PASS**

Lift passes will be provided for days 2 and 3.

**INSURANCE**

Please ensure you have adequate insurance for off-piste activity.  
(This can be bought here for 30euro/year from following website:  
<https://www.auvieuxcampeur.fr/carte-club>)

**TRAVEL**

See this link. [www.serre-chevalier.com/en/resort/mobility-and-transport/plane](http://www.serre-chevalier.com/en/resort/mobility-and-transport/plane)  
Let us know if you would like us to link you in with other delegates for group hire car.

**PARKING**

Parking available at training location.

**FOOD**

Breakfast and diner provided during course. Final diner with team at own expense.

**WHAT TO BRING**

Mountain wear - including warm kit, ski / snowboard clothing. (Day 2 and 3 out on mountain most of day)  
Ski / snowboard equipment  
Helmet.  
Backpack with: probe, shovel, avalanche transceiver (with new batteries).  
ABS bags optional.  
Notebook / pen / laptop.  
Headtorch!  
(or here is a place to rent: [KIT RENTAL!](#))



