

Backcountry Performance Pre-course Information Package



Thank you for choosing Island Alpine Guides for your Backcountry Performance Course. This package contains some information about your course and information to help you prepare including a complete equipment list.

We will be in contact with you a few days before the course to let you know the name of the ski coach you will be meeting on the first day of your course as well as the meeting place and time.

Please read the information below and if you have any questions at all please do not hesitate to contact us by email at info@islandalpineguides.com or by telephone on 250 400 2870.

We wish you an enjoyable experience with us in the mountains,

Jan Neuspiel
Director/Guide Island Alpine Guides

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Course Overview

A lot of people are thinking about getting into the backcountry these days. The numbers on our avalanche courses are a good indication of that! But for many people, the thing that they know they need to work on is their skiing or snowboarding, especially in natural snow conditions. That's why we've developed this program. Two, two hour, low ratio sessions with our high end ski or snowboard coaches followed by a day of off-piste backcountry with our certified guides will set you up perfectly to succeed in the backcountry.

Meeting Time and Place

Your course will begin with your first session of ski coaching starting at 09:30 on the morning of your first day. We will contact you a few days before the course to arrange a convenient place to meet.

Preparation

You will maximise your enjoyment on this trip by being prepared. The equipment list provided will prepare you to be comfortable in the field regardless of the weather, rain, snow or shine. The fitness suggestions will allow you to enjoy the skiing rather than struggling with it.

For days 1 and 2 you should bring whatever skis and boots you normally use when riding the lifts, however on day 3 you will need touring gear, as there will be some limited uphill travel involved.

If you do not own touring equipment it is available for rent from Ski Tak Hut in Courtenay. You will find a voucher at the end of this document that will get you 50% off backcountry equipment rentals at Ski Tak Hut.

Please be sure to have all of the clothing and equipment on the attached list. Being cold and uncomfortable on the trip is unnecessary and unpleasant. A warm down or synthetic parka is useful to stay warm at rest stops on your touring day. A thermos of hot tea is also a nice comfort for the touring day!

Being physically fit will increase your enjoyment of the trip. Prepare by focusing on cardio-vascular activity with a pack on. Walking or skiing up-hill with a pack makes excellent training two to three times a week if possible.

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Items marked with “+” can be provided by IAG. Please let us know if you require this item from us.

Items marked with “*” are optional.

Clothing

- ★ Synthetic, wool or silk thermal underwear top and bottom
- ★ Wool, fleece or pile sweater or jacket
- ★ Insulating pants of wool, fleece or pile
- ★ Wind and waterproof jacket and pants
- ★ Down or synthetic jacket for extra insulation on top
- ★ Toque
- ★ Mitts or gloves plus a spare pair as they could get wet

Gear

- ★ Touring Skis / Split Board, regular Skis/Snowboard
- ★ Poles
- ★ Boots
- ★ Skins

(Ski Tak Hut in Courtenay is offering a very generous 25% off on backcountry gear rentals to IAG customers while on an IAG trip or course. Use the voucher on the last page of this document to receive your discount. **PLEASE REMEMBER TO BRING THE VOUCHER AND A COPY OF YOUR BOOKING CONFIRMATION FOR THIS TRIP WITH YOU TO SKI TAK HUT. IF YOU DO NOT BRING THESE THINGS YOU WILL NOT RECEIVE THE DISCOUNT!**)

- ★ Avalanche Transceiver +
- ★ Shovel +
- ★ Avalanche Probe +
- ★ Compass *
- ★ Altimetre *
- ★ Toilet Paper
- ★ Personal small first aid kit (blister kit)
- ★ SPF Lip Balm
- ★ Sunscreen
- ★ Water Bottle
- ★ Lunch

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- ★ Thermos *
- ★ Sunglasses
- ★ Ski Goggles
- ★ Back pack to carry everything on this list

Please be sure that all clothing and equipment is in good repair and functioning properly with boots fitted properly to bindings.

If you are bringing your own avalanche transceiver be sure that it has fresh batteries in it.

Be sure that skins are fitted properly to skis or boards and that they stick properly.

Malfunctioning equipment uses up precious time for all participants. Please come properly prepared.

RISKS, DANGERS, HAZARDS AND WAIVER

All Island Alpine Guides courses and trips take place in an outdoor, wilderness environment. This means that as a participant you will be encountering various risks, dangers and hazards some of which include avalanches, cornices, crevasses, cliffs, trees, creeks, rockfall, difficult travel conditions, weather, illness, equipment failure, wild animals, becoming lost as well as the possibility of mistakes being made by IAG guides and instructors. To participate in these activities you will be required to read and agree to our [waiver](#) as part of the registration process. You will also be required to sign the waiver at the start of the course or trip. In doing so you will waive or give up certain legal rights including the right to sue or to claim compensation following an accident.

If you are a minor (under 19 years of age), we require your waiver to be signed by your parent or legal guardian. In this case, please download the appropriate waiver from the link above, print it, have your parent/guardian sign it, scan or photograph the completed copy and send it to info@islandalpineguides.com. Minor students arriving without a waiver signed by their parent or legal guardian will not be allowed to participate in the course or trip.

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25% OFF VOUCHER FOR BACKCOUNTRY RENTALS AT SKI TAK HUT

This voucher is only valid for backcountry rentals being used on an IAG course or trip.

To get 25% off you **MUST** bring the following with you to Ski Tak Hut when picking up your rentals:

1) This Voucher printed in hard copy.

AND

2) A printed copy of the Island Alpine Guides Booking Confirmation which you received by email when you registered for the course or trip. This booking confirmation must show that you are renting the gear precisely for the dates that you are on an IAG course or trip.

If you do not have the above two things with you when picking up the gear you will not receive the 25% discount. NO EXCEPTIONS WILL BE MADE.