



## INTRO WINTER TRAVEL



Thank you for choosing Island Alpine Guides for your introductory course on winter mountain travel. This package contains important information to help you prepare, including a complete equipment list.

If you have any questions at all, please do not hesitate to contact us by email at [info@islandalpineguides.com](mailto:info@islandalpineguides.com) or by telephone on (250) 400-2870.

We hope you find the course enjoyable and informative.

Jan Neuspiel  
Director/Guide  
Island Alpine Guides



## INTRO WINTER TRAVEL

### COURSE OVERVIEW

This introductory course is designed to provide an experience of travel and camping in a winter mountain environment. It's for anyone who has an interest in exploring the mountains in winter and in learning the skills needed to do so safely and enjoyably.

Topics covered in the course include:

- Snow travel
- Route finding
- Use of map and compass
- Uphill track setting
- Downhill route choice and techniques
- Avalanche awareness
- Winter camping
- Improvised snow shelters
- Winter camp craft

### PREPARATION

When attending this course, you should prepare yourself for maximum learning and enjoyment. The equipment list provided will prepare you to be comfortable in the field regardless of the weather: rain, snow or shine.

Some courses are set up specifically for particular modes of transport (i.e. skis/ splitboard only, or snowshoes only) and some courses will be a mixture. Choose what mode of transport you are most comfortable with; if you have never skied before, snowshoes might be a more prudent mode of transport. If you are using a splitboard, please ensure you are familiar with how they work and the limitations of the equipment. Mostly, proficiency with the changeovers needs to be practised.

If you don't yet own your own touring gear but would like to use it for this course, [Ski Tak Hut](#) offers 25% off backcountry rentals (skins, boots, and skis or a splitboard) for all Island Alpine Guides customers while on one of our trips or courses. It's a great way to try it out before you commit. **The voucher with further instructions can be found at the end of this document.** If you are using any of the equipment for the first time, it's a good idea to practise changeovers (downhill to touring mode) before the course.



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Ensure you bring along a warm jacket of down or synthetic material to keep you warm outside. There is a fair amount of standing around during demo sessions and in the evenings. Extra gloves are a must as you are often digging around in the snow and your gloves will become soaking wet rapidly. A thermos of hot tea is a nice comfort.

Being physically fit will increase your enjoyment of the course. Prepare by focusing on cardiovascular activity with a load. Walking up-hill with a heavy pack makes excellent training 2-3 times a week if possible.

### TYPICAL SCHEDULE

The first morning of the course normally begins with a group meeting to check that everyone is properly prepared and to distribute group gear. Then it's off into the mountains for the start of our two days. Teaching sessions will take place in appropriate locations and at teachable moments with much of the basic travel information covered early on, and camp craft taking place on arrival at our camping location. On day two, we continue with the curriculum, ultimately making our way back out by about 4pm.

### EQUIPMENT LIST

Items marked with "+" can be provided by us if required. Please email us at least 3 days in advance to let us know if you require any of these. Items marked with "\*" are optional.

#### Clothing

- Socks (synthetic or wool)
- Base layers, top and bottom (synthetic, wool or silk)
- Mid-insulation layers (fleece, light synthetic fill or wool sweater/jacket and pants)
- Light wind shell jacket (windproof, water-resistant layer for high aerobic work)
- Weather layer jacket and pants (gore-tex or other waterproof breathable material)
- Warm outer jacket (down or synthetic)
- Toque (wool or synthetic)
- Brimmed cap (preferably wool or synthetic, but cotton will do)
- Face warmer (scarf, neck tube, face mask)
- Light gloves, 2 pairs (wool, synthetic or leather)
- Insulated gloves or mitts, 2 pairs (wool or synthetic, with weather-proof outer shell)
- Gaiters (if pants do not secure over boots)
- Handkerchief

#### Personal

- Large pack
- Light pack (40-60 litres)



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- Sleeping bag
- Sleeping pad and/or thermarest
- Extra clothing (socks, underwear, top and bottom base layers)
- Bowl, cup and utensils
- Wash kit (soap, towel, brush, toothbrush, toothpaste)
- Personal medicinal drugs (pain, cold/flu, antihistamine, anti-inflammatory, etc.)
- Toilet paper
- Writing material
- Headlamp or flashlight (plus spare batteries and bulb)
- Hut or camp shoes
- Candle
- Sunglasses
- Goggles
- Sunscreen
- SPF lip balm
- Water bottle
- Blister kit
- Pocket knife
- Camera \*
- Binoculars \*
- Thermos \*

### **Avalanche safety**

- Transceiver (and spare batteries) +
- Shovel +
- Probe +

### **Travel**

- Touring skis/snowboard/splitboard/snowshoes
- Poles
- Boots
- Skins

### **Group (suggested per 2 people)**

- Food
- Stove
- Stove repair kit
- Pots
- Fuel
- Lighter and matches
- Cooking utensils



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- Pot lifter
- Water purification
- Cleaning scrubby and soap
- Tent
- Light tarp for sheltered cooking
- Ground sheet \*
- Multi-purpose cord
- General repair kit (to repair packs, tent, clothing, thermarest, etc.)
- Fire starter
- Boot waterproofing

### **Group equipment (your guide will be bringing these items)**

- Altimeter
- Map and compass
- Snow and/or bush saw
- First aid kit
- Emergency sac (nylon tarp or envelope sack to cover group or injured member)
- Emergency toboggan (generally improvised using standard day trip gear)
- Group repair kit (may substitute for personal repair kits or supplement them)
- Two-way radio or cell phone
- GPS (optional depending on trip)
- Small stove and pot

Please be sure that all clothing and equipment is in good repair and functioning properly with boots fitted properly to bindings. Be sure that skins are fitted properly to skis or boards and that they stick properly. If you are bringing your own avalanche transceiver, be sure that it has fresh batteries in it. Malfunctioning equipment uses up precious learning time for all participants. Please come properly prepared.

### **GETTING TO MOUNT WASHINGTON**

Please be aware that the road to Mount Washington is a mountain road, which can be subject to serious winter driving conditions. Vehicles should have snow tires and carry chains in case they are required. Please note that our normal cancellation policy will apply for people that are unable to attend a course because they are unable to get up the road in their vehicle. For more information about getting to Mount Washington, please visit their [website](#).



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### 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](mailto: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.



## INTRO WINTER TRAVEL

### 25% OFF VOUCHER FOR BACKCOUNTRY RENTALS AT SKI TAK HUT

**This voucher is only valid for backcountry rentals being used *for 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) A printed copy of this voucher
- 2) A printed copy of the Island Alpine Guides booking confirmation, which you received by email when you registered. 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 can be made.**