



WILDERNESS NAVIGATION PRE-COURSE INFORMATION PACKAGE



Thank you for choosing Island Alpine Guides for your wilderness navigation training. This package contains some information about your course and information to help you prepare for it including an equipment list.

We will be in contact with you a few days before the course to inform you of meeting times and places and to coordinate any other logistical details. In the meantime, if you have any questions at all, please contact us by email at info@islandalpineguides.com or by telephone on 250.400.2870.

We wish you an enjoyable day in the mountains.

Jan Neuspiel
Director/Guide, Island Alpine Guides



WILDERNESS NAVIGATION

PRE-COURSE INFORMATION PACKAGE

COURSE OVERVIEW

Our Wilderness Navigation course is single-day introduction to wilderness navigation using topographic maps and the compass. The curriculum includes interpreting all of the features on topographical maps, understanding scale, grid reference and latitude and longitude, relating features on a map to features on the ground, understanding compasses, taking bearings in the field and on the map, re sectioning, travelling on bearings through terrain and much more. The instructor will assess the experience level and desired learning outcomes of the group and tailor the course accordingly.

PREPARATION

You will maximize your enjoyment on this course by being prepared. The equipment list provided will prepare you to be comfortable in the field regardless of the weather—rain, snow or shine.

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.

TYPICAL SCHEDULE

We will be in touch a few days out from your trip with exact meeting times and places. Generally we like to make the most of the day and so like to get a reasonably early start, aiming to finish around 4pm depending on the length of daylight.



WILDERNESS NAVIGATION

PRE-COURSE INFORMATION PACKAGE

EQUIPMENT LIST

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
- ★ toque or hat
- ★ gloves

Gear

- ★ walking poles
- ★ boots suitable for hiking on and off trail
- ★ snowshoes if there is snow on the ground
- ★ compass (if you do not own one, IAG has a few loaners available on request)
- ★ altimetre*
- ★ toilet paper
- ★ personal small first aid kit (blister kit)
- ★ SPF lip balm
- ★ sunscreen
- ★ water bottle
- ★ lunch
- ★ thermos*
- ★ sunglasses
- ★ backpack to carry everything on this list
- ★ notebook (“rite in the rain” waterproof books are useful) and pencil

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



WILDERNESS NAVIGATION

PRE-COURSE INFORMATION PACKAGE

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.