



ARROWSMITH SPRING SKI LINES



Thank you for choosing Island Alpine Guides for your day of backcountry touring. This package contains information to help you prepare for the day, including a complete equipment list.

Our office will be in touch with you a few days before the trip to inform you of the meeting time and place and to coordinate transport and any other logistical details. In the meantime, 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 day in the mountains.

Jan Neuspiel
Director/Guide Island Alpine Guides



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TRIP OVERVIEW

Mount Arrowsmith offers many great options, including some steep lines on a number of aspects. Your guide will choose a route for the day that is best suited to the conditions as well as the experience level, fitness and objectives of the participants.

PREPARATION

You will maximise your enjoyment on this trip by being prepared. The equipment list provided will prepare you to be comfortable regardless of the weather. The fitness suggestions will allow you to enjoy the day rather than struggling with it.

The choice to use alpine touring skis, telemark skis or a splitboard is up to you. Choose the mode of transport you are most comfortable and competent with. Splitboards are welcome, but please ensure you are familiar with how they work and the limitations of the equipment.

If you don't yet own your own backcountry gear, [Ski Tak Hut](#) offers 25% off rentals (skins, boots, and skis) for all Island Alpine Guides customers while on any of our trips or courses. It's a great way to try it out before you commit. (Please note that they don't currently offer splitboard rentals.) **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 trip.

Please be sure you have all of the clothing and equipment on the equipment list below. 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. Extra gloves are useful as you may be digging around in the snow and your gloves can become soaking wet rapidly. A thermos of hot tea is a nice comfort.

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

TYPICAL SCHEDULE

Our office will contact you regarding the exact meeting time and place. Generally, we like to make the most of the day by getting a reasonably early start, aiming to finish by around 4pm depending on the length of daylight.



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EQUIPMENT LIST

Items marked with “+” can be provided by request. Items marked with “*” are optional.

Clothing

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

Gear

- Alpine touring skis/telemark skis/splitboard
- Poles
- Boots
- Skins
- Avalanche transceiver +
- Shovel +
- Probe +
- Compass *
- Altimetre *
- Toilet paper
- Personal small first aid kit (blister kit)
- SPF lip balm
- Sunscreen
- Water bottle
- Lunch
- Thermos *
- Sunglasses
- Ski goggles
- Backpack to carry everything on this list



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Please be sure that all clothing and equipment is in good repair and functioning properly with boots fitted properly to bindings. If you're bringing your own avalanche transceiver, be sure that it has fresh batteries in it. Ensure 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

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.



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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.