



## Ski Touring Overnight Adventure

<b>BanffLIFE:</b>	Christine LaRocque w-760-2423	<a href="mailto:banfflife@banff.ca">banfflife@banff.ca</a>
<b>ACMG Guide:</b>	Erica Roles	
<b>Date:</b>	January 28/29, 2012	
<b>Departure:</b>	Meet at 7:00am at 302 Buffalo Street (across from the CIBC)	
<b>Returning:</b>	Around 5pm on January 27, 2011	
<b>Transportation:</b>	12-passenger van	
<b>Equipment:</b>	See Gear List below...	
<b>Food:</b>	See Below	

### Course Information

#### What is it?

This is an overnight ski tour, with the group staying at Mosquito Creek Hostel on the Icefield Parkway. We will teach the basics of backcountry winter travel and participants will get to experience spending the night at a mountain hostel on the Icefields parkway! Weather and conditions permitting, on the second day we will be able to do a few turns before heading back to the valley.

#### Who should go?

Anyone who is fit and motivated to spend a couple of days outside on their skis will enjoy this trip. You should be comfortable skiing on blue runs at the ski hill.

#### Safety

Safety is our first priority on all BanffLIFE trips and courses. Instructors on all courses are members of the Association of Canadian Mountain Guides with the appropriate certification. These guides have gone through a rigorous training and certification process to ensure the trip is as safe as possible. Please listen and pay attention to the guides and follow their instructions. It is important that you understand that you are skiing with a group and that you have to work with the team to make the day safe for everyone. Safety equipment is provided and you are required to use it as instructed at all times.

#### Risk

All mountaineering and skiing activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and releases the guides and BanffLIFE of all liability in case of an accident.



## **A Little about Banff**

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km<sup>2</sup> of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff National Park is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As new members of the Banff community, you are about to embark on your very own Banff National Park adventure. BanffLIFE is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!

## **Course Outline**

The following will be covered on your course:

- Discussion of risk and signing of the waiver
- Equipment familiarization and use
- Pre-trip planning
- Safe travel techniques in the backcountry
- Backcountry hazards
- Backcountry ski technique

## **Gear List**

### **Clothing Systems**

- Bring lots of warm clothes! You will be outside all day.
- The clothing you use at the ski hill will work well.
- Layering works best for the stop and go activity of ski touring. Plan on bringing several thin and medium layers rather than only a couple of thick ones.
- Synthetic fabrics should be chosen if possible, avoid cotton.

Participants need to provide the following:

**Long underwear top and bottoms:** Wool or synthetic is best.

**Pants:** Your regular ski or snowboard pants will work well. If you have softshell pants or thinner hardshell pants we often like to use those as well, especially in warmer conditions.

**Softshell or fleece jacket:** We like a hooded jacket, but it's not absolutely necessary.

**Insulated parka:** A thick insulated parka is great for when you are stopped for a break or having lunch out in the field. Down filled or synthetic materials are both fine.

**Shell jacket:** A jacket that keeps the wind and wet out. Again, your ski or snowboard jacket should work fine.

**Hats:** We like having a warm toque for the down hills and a lighter weight one for walking uphill. Also bring a sun hat and a neck tube or balaclava.



**Gloves:** Bring warm ski-type gloves. A lightweight pair of gloves should also be brought for warm conditions and/or for walking uphill. If you have mitts bring them too if the weather forecast is for cold conditions.

**Boots:** Ski touring boots are best. Your regular ski boots will be uncomfortable and may give you blisters. For snowboarders your regular boots are OK.

**Touring Gear:** You will need to provide the following equipment. All of this may be rented at Mountain Magic (Banff), Wilson Sports (Lake Louise) or Gear Up (Canmore). Contact the BanffLIFE office to ask if there is a group trip to get rental gear for your course.

### **Skiers**

- Skis with alpine touring bindings or telemark bindings
- Skins
- Avalanche transceiver

### **Other Safety Gear**

We will provide the rest of your safety gear (collapsible shovel and avalanche probe). The guides will carry rescue and first aid equipment as well as a radio and/or cell phone for emergency communications.

### **Other Stuff**

**Sleeping bag:** The hut has a wood heater and is usually quite warm so you don't need a heavy sleeping bag

**Sunglasses, goggles, sunscreen, sun block for your lips**

**Heat packs** for your gloves come in handy

**Toilet kit** - Toilet paper, hand sanitizer, ear plugs etc

- There are toilets at the hut (you need your own paper) but no facilities on the trail! It's best if you avoid defecating out in the field. But if you really need to then have toilet paper and a plastic bag handy. Go at least 60 m away from water sources and well off trail. Toilet paper needs to be packed out in the plastic bag.

**Small first aid kit:** Band aids, blister kit, headache pills. Your guide will have a large group first aid kit.

**Backpack:** Bring a pack big enough to fit all this gear and clothing into! You will probably need a pack of at least 50 L capacity.



## FOOD

You need to provide the following:

- **1 personal breakfast** (to be eaten in the hut before departure)
- **2 days of personal lunches and snacks** (to be eaten on the go)

Group Dinner is provided by BanffLIFE:

- **1 Group Dinner** (to be eaten in the hut)

### Your group meal contribution

You are required to help with preparing, serving and cleaning up after the group dinner. The dinner will include an **appetizer**, a **soup**, a **main course**, a **dessert**, and **hot drinks**.

The hut has stoves, pots, dishes, cutlery, utensils, etc.

**Important Food Planning Notes** (allergies, vegetarians, dislikes, requests, etc.)

NAME	Contact	NOTES
------	---------	-------