



THE ALPINE CLUB OF CANADA

Mt Sir Sandford Climbing Camp

Friday August 7th (evening) to Saturday August 15th, 2009.

Location:	Adamant Range, Selkirks, British Columbia.
Guide:	Roger Laurilla, (250) 344-0922, rogerlaurilla@yahoo.ca
Camp Manager:	Cam Roe, (403) 616-5463, camroe@psinaptic.com
Fee:	\$1995 + \$99.75 G.S.T. = \$2094.75
Cancellation Insurance:	\$146 (optional)
# Participants:	9
Meeting Place:	Kicking Horse River Lodge, Golden, BC at 8:00pm. For a map click HERE

Info Pack

The purpose of this info pack is to provide you with the details you need to prepare for your Adventure. If you have any questions, please don't hesitate to contact Rob Whiteway at the National Office in Canmore (adventures@alpineclubofcanada.ca, 403-678-3200 ext 112) or any of the camp staff listed above.

Membership

Your Alpine Club of Canada membership must be current at the time of the camp.

Accommodation

Participants will camp in tents supplied by the ACC, a base camp will be setup in the area surrounding the Ben Ferris (Great Cairn) Hut. Accommodation is not provided on the evenings of August 7th or August 15th

For those wishing to book an overnight in Golden before or after the camp, recommended accommodation is available at Kicking Horse River Lodge, 1-877-547-5266. There are many good places to eat in Golden.

Meals

The Ben Ferris (Great Cairn) Hut, although challenged for size, will provide the perfect place to prepare and dine on great food.

Meals on the camp will be prepared prior to the camp by a professional backcountry cook with an emphasis on the nutritional requirements specific to this kind of activity. Camp staff will organize the remaining preparations while on the camp with assistance from participants. Meals will be tasty and filling. If you have any food intolerances or preferences, please include that information with your application and we will do what we can to accommodate you. Dinner on August 7th, Breakfast and Lunch on August 8th and Dinner on August 15th are not included.

Getting There

Golden can be easily reached by car or by bus. The most convenient airport to Golden is Calgary International Airport. Sundog Tours has a service from Calgary airport with stops in Banff, Canmore and Lake Louise (www.sundogtours.com). Transfers to Golden from Lake Louise can be made via Greyhound Bus Lines (800-661-8747). For bus schedules, inquire at your local bus depot. You will be provided with a participant list prior to the trip. Please use this list to arrange carpooling with others on the trip.

Participants' vehicles will be used to transport participants, food and equipment from Golden to the helicopter staging area. Since your car will be parked in an unattended public area for a week, do not plan to leave any valuables in it.

Trips may not always run exactly according to schedule for reasons beyond our control (weather, wildlife, Parks regulations, etc). For this reason, we recommend that you do not book any scheduled travel (such as airplane flights) within a day or two of the last scheduled day of your camp.

Special Note regarding weather and helicopter transport: Please note that helicopter travel can be delayed by bad weather, and this can sometimes include overnight delays. These sorts of delays are beyond the control of The Alpine Club of Canada, and we cannot provide for your accommodation and meals in Golden, should this occur. Although it does not happen often, you should be prepared for the possibility of this unforeseeable additional expense.

Kick Off Meeting

Participants will meet for at Kicking Horse River Lodge in Golden, B.C. at 8:00PM Mountain Time, Friday August 7th, 2009.

During the group meeting Roger and Cam will review the week's itinerary, participants' expectations, do an equipment check, divide group gear and organize car pooling for the next day. It is *essential* that all participants attend this meeting, and it is very important that you arrive on time.

Itinerary*

August 7	Meet at 8:00pm at the Kicking Horse River Lodge in Golden, BC
August 8	Fly in, set up base camp, and explore the area
August 9-14	Climbing days
August 15	Fly out

*Itinerary and route may change due to weather/snow conditions and/or goals and ability of group.

Insurance Options

If you do not have Canadian medical insurance, or if your provincial insurance is insufficient, we recommend purchasing insurance through Travel Underwriters. They sell a variety of insurance policies, including medical (annual and single trip), trip cancellation/interruption and insurance for visitors to Canada. To find out more about their insurance options, visit the Travel Underwriters website at www.travelunderwriters.com or call them direct at 1-800-663-5389.

Please contact Rob Whiteway (adventures@alpineclubofcanada.ca) to purchase your travel insurance for this camp.

Park Passes

This camp is not in a national or provincial park. If you are driving through a national park to get to the camp, but are not stopping, you do not need a park pass. If you will be making any stops in the park, you will need to get a park pass.

Environmental Considerations

The ACC is proud to have earned the right to display the UIAA Environment Label. The UIAA is the world's recognized international mountaineering and climbing federation, with over 2.5 million members in 68 countries. The ACC's Mountain Adventures are conducted with great consideration for the environment, and we are thrilled to be recognized for the care we take. If you would like to learn more about the Environment Label, visit www.uiaa.ch, and select "Labels".

Parks Canada Information

Parks Canada has asked us to pass a message to you, the Mountain Adventure participant. When you are on an ACC camp (or any time you are near wildlife), wildlife viewing and safety procedures should be based upon the guidelines presented in Parks Canada brochure "Keep the Wild in Wildlife". The brochure describes appropriate behaviour when encountering habituated wildlife, safe distances for viewing and photographing wildlife, avoiding encounters and limiting attractants while traveling in the backcountry, and specific precautions for bears, elk and cougars. This brochure can be found on the Parks Canada website (http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp).

Recommended Reading

Guidebooks

Selkirks – South, by David Jones.

Backcountry Huts and Lodges of the Rockies and Columbias, by Jim Scott.

General Interest

Place Names of the Canadian Alps, by Putnam, W.L. et al

Freedom of the Hills, the Mountaineers

Map Sheets

1:50,000 Topographic Maps: Mt Sir Sandford 82 N/12

1:250,000 Topographic Maps: Golden 82 N (a good overview map)

Selected books and maps can be purchased from the ACC National Office and ACC members receive a 15% discount. Please contact us at (403) 678-3200, Ext. 1, check our website at www.AlpineClubofCanada.ca or email info@AlpineClubofCanada.ca for further details.

Equipment

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact Roger or Cam if you have any questions at all about your equipment - we want to be sure that you have all the right gear but that you don't bring too much! Remember also that you will be carrying everything you bring, so pack lightly.

The WEIGHT ALLOWANCE for personal gear that we will fly into and out of the camp is 35 kgs (77 lbs), including your daypack. In keeping with Canadian Aviation Standards, your main duffel bag must not weigh more than 22.5 kgs (50 lbs). This limit will be closely adhered to because of the load limit for each flight and risk of injury to loading staff. Bags will be weighed.

If you require rental equipment, [Gear Up](#) (On Highway 1A in Canmore) offers a 25% discount on rental gear and a 10% discount on retail climbing gear (excluding ropes) to Alpine Club of Canada Mountain Adventure participants. For further information and equipment reservations call (403) 678-1636 between 8:00 a.m. and 7:00 p.m. MT. In Calgary, the [Campus Outdoor Centre](#) at the University of Calgary (403) 220-5038 8:00 a.m. to 8:00 p.m. MST, rents climbing and backcountry ski gear and accessories, and the [Mountain Equipment Co-op](#) (403) 269-2420 in Calgary, or (604) 872-7858 in Vancouver, has a more limited rental inventory, but will apply a portion of your rental cost toward purchase.

GEAR LIST

2009 Mt Sir Sandford Climbing Camp

Lunch for the first day

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller or fleece.)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks
 - Tip: add a thin liner sock if you are prone to blisters
- Warm gloves or mitts (2 pairs)
- Gaiters (knee height) that fit over your boots
- Waterproof over-gloves or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Comfortable hut clothing for evenings, including insulated or fleece pants and booties

Personal Equipment

- One medium or two small duffel bags for transporting gear by helicopter
- Day pack, 30 – 35L.
- Sleeping bag (-5°C to -15°C/23°F to 5°F, depending on your comfort level)
- 3 or 4 season self inflating mattress.
- Sunglasses - close fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid (hydration systems tend to rupture and freeze, so make sure you have a water bottle as well)
- Small personal first aid kit - bandaids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and "Camp Suds" (biodegradable soap)
- Headlamp - with spare batteries and bulb
- Toilet paper (a small personal amount for during the day)
- Lighter
- Ziploc bags/container for lunch

Climbing Equipment

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Climbing harness
- Climbing helmet
- Crampons, mountaineering-style with front points and anti-balling plates - please fit crampons to boots *prior* to trip)
- Ice axe - approximately 70 cm (27") length, with wrist loop
- One ice screw
- Two locking carabiners - at least one Munter (pear shape)
- Two non-locking identical carabiners
- One length of nylon webbing – 3 meters (10') long, 1" thickness.
- One Prusik cord – 5 meters (16') long, 7 mm diameter
- One Prusik cord – 1.5 meters (5') long, 7 mm diameter

Optional Equipment

- Collapsible trekking/ski poles for hiking
- Shorts / T-shirt
- Earplugs (good for sleeping in noisy huts)
- Camera and film
- Pocket knife (Swiss Army style)
- Thermos
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Boot waterproofing
- Belay/rappel device
- Small personal amount of liquor / treats, if desired
- Umbrella

The ACC will supply all group gear including ropes, first aid kit, group repair kit, fuel, etc.

Some notes on equipment and footwear:

Very little equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip.

Please remember that poorly fitted, untested and non broken-in footwear can cause blisters. Blisters can potentially ruin your trip, if you are skeptical about the comfort of your footwear then make sure to bring extra moleskin and apply at the first onset of a hot spot. Make yourself familiar with blister prevention and treatment.

Please remember you must carry everything you bring, plus some group gear, so pack light!