



THE ALPINE CLUB OF CANADA

The North Face / Alpine Club of Canada Summer Leadership Course Saturday August 8th to Saturday August 15th, 2009.

Location: Trident/Neptune Group, Northern Selkirks, BC.
Guide: Cyril Shokoples, (780) 416-7498, resqdyn@telusplanet.net
Helen Sovdat, (250) 344-7474, helenso@telus.net
Camp Manager: Roger Marchand, (780) 477-2943, rogerjm@telus.net
Fee: \$795 + \$39.75 GST = \$834.75
Cancellation Insurance: \$88 (optional)
Participants: Ten
Meeting Place: ***UPDATE*** 5:00AM Pacific Time, Tim Horton's Revelstoke,
Trans Canada Highway, map included in email.

The North Face, the well-known manufacturer of outdoor clothing and equipment, subsidizes this camp. The ACC thanks them for their continued contributions and support.

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

The TNF ACC Summer Leadership Course will be held during the teardown week of the GMC.

Accommodation will be in relatively spacious tents for the duration of the week, Accommodation on August 15th is not provided. If you require somewhere to stay before or after the camp then we recommend the Regent Inn, they are located at 112 East 1st Street. They can be contacted on 1-888-245-5523 or regent@regentinn.com

Alternatively, there is now a hostel located in Revelstoke, the Revelstoke Travelers Hostel and Guesthouse, located at 400 2nd Street West. For reservations or information about current rates, call the hostel at 1-888-663-8825 or by email at info@hostels.bc.ca.

There are also two campgrounds in Revelstoke. Phone the KOA Campground at (250)837-2085 or the Williamson Lake Campground at (250)837-5512. Please book well ahead to ensure your accommodation.

Meals

Scrumptious meals will be prepared during the camp by a professional backcountry chef with an emphasis on the nutritional requirements specific to this kind of activity. 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.

Getting There

Revelstoke is approximately six hours east of Vancouver and four hours drive west of Calgary (site of the closest international airport), and can be reached by car or bus. From Calgary, take the #1 Highway (also known as the Trans-Canada Highway) west. Bus service is also available out of Calgary five times a day. For more information on bus schedules between Calgary International Airport and Revelstoke, please call Greyhound at (403) 265-9111.

We will be departing for the staging area by 7:30a.m.(Pacific Daylight Time) – ensure that your bags are packed and there is gas in your car. This drive is on paved (yes, paved roads) except for the last 29 kms. Your vehicle will love the trip. After driving for 2¼ hours from Revelstoke, B.C., participants will drop their baggage at the helicopter pad in Bigmouth Ck. Participants and their baggage will then be flown into the GMC site. The flight does not traverse any glaciers nor cross any high passes. This will make the switch over days much easier to accomplish in any type of weather.

Scheduled travel (such as airplane flights) within a day or two of the last scheduled day of your camp. 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 at The Regent Inn in Revelstoke, B.C. at 6:30am (Pacific Daylight Time)

The Regent Inn is located at 112 East 1st Street, for a map click [HERE](#).

2008 Planned Itinerary*

- August 8 Meet in Revelstoke at the Tim Hortons, Trans Canada Hwy, fly into the camp.
August 9 - 14 The course will go over many topics, including rope handling skills (specifically in general mountaineering situations); glacier travel; route planning, selection and finding; navigation; short-roping; multi-pitch routes; rock and crevasse rescue systems; group dynamics, interaction and management; and emergency situation management.
August 15 Fly out to staging area
*Subject to change

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) 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 Rob Whiteway at 403-678-3200 ext. 112.

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

The Columbia Mountains of Canada, by Central, Fox et al.
Selkirks North, by David Jones

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
Argonaut Mtn, 82M/16 (grid reference 209489)

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.

Dunnage (Personal Gear)

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.

Your helicopter dunnage should be secured in one bag, with prominent identification indicating the week number you are attending and your name. Nothing should protrude from, or be attached to the outside of your duffel bag.

Keep ice axes and walking poles separate as they will all be packaged together and sent on the helicopter in one load. We also suggest that you label your personal effects individually. Be sure to pad all breakable items adequately as the dunnage can be expected to undergo a certain amount of rough handling.

Equipment

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.

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact Helen or Dave 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.

GEAR LIST

2009 TNF/ACC Summer Leadership Course

Personal Equipment

- Climbing pack - waterproof, sufficient to carry climbing gear/spare clothing/lunch (35-45 litres)
- Sandwich box - for daily lunches, no paper bags or wrapping materials are provided
- Water bottle(s) - 1 litre, plastic with a tight lid (2 litre optional)
- Mug (plastic) & personal spoon - for drinks & munchies between meals
- Glacier goggles - or dark sunglasses; side shields recommended
- Sunscreen - SPF 30 or more recommended
- Insect Repellent
- First Aid Kit - adhesive tape, elastoplast or moleskin, Aspirin, etc. (see pg. 5)
- Sleeping Bag - adequate to -10°C (+14°F)
- Mattress - Thermarest, ensolite, air or foamy with waterproof cover
- Headlamp - with spare batteries and bulb
- Duffel bag - waterproof or plastic lined, large enough for fly-in gear
- Underwear - long arms and legs, thermal or polypropylene recommended
- Shirts - two long sleeved (knit synthetic, wool or flannel)
- Sweaters - two (fleece, wool or down)
- Mountain Jacket or Anorak; Goretex, 60/40, medium nylon, etc. Avoid light nylon which tears easily and plastic which 'sweats'.
- Overmitts - durable, with waterproof palms, leather or coated nylon
- Mitt liners - two pairs, fleece, knit synthetic or wool
- Climbing pants - durable, and non-restrictive; fleece, stretch knit synthetics, Espatwill, corduroy, knickers; no bluejeans
- Rain gear - jacket, suit or poncho (durable material) providing good wind protection
- Socks - synthetic or wool. Three pairs minimum, including knee socks if using knickers
- Footwear - for camp, water repellent, with good ankle support
- Gaiters - knee length (we recommend a waterproof bottom section)
- Toilet supplies - towel, washcloth, soap, mirror, razor, personal medication and hygiene items, (toilet paper is provided but we recommend a small personal supply)
- Sun hat - with neck covering recommended
- Solar shower bag (there will be a "private shower with a view" set up)
- Sandals

Essential Climbing Equipment

NOTE: All of the following should be UIAA approved and in good repair

- Crampons with front points and anti-snow plates.
- Climbing boots; sturdy, supportive, suitable for rock and snow and suitable for attachment of crampons. We recommend full shank, waterproof leather boots rather than plastic boots. Check crampon fit and compatibility at home and bring spare laces.
- Climbing helmet
- Climbing harness
- Mountaineering ice axe – approximately 70cm, with wrist loop
- One technical ice tool
- Three locking carabiners - at least two Munter (pear shape)
- Several non-locking carabiners (with two that are identical)
- One double length nylon webbing (120cm sewn or tied)
- 1" nylon webbing – 4-5 meters (13'-16') long
- Two Prusik cords –5 meters (16') long, 7 mm diameter
- Four runners (nylon webbing slings - 60cm sewn or tied)
- Small alpine rock rack- a few cams and nuts
- Belay/rappel device
- Rock shoes – comfortable enough to wear for an extended period of time
- One or two ice screws

Optional Equipment

- Pulley
- Abalakov "hooker" tool
- Shorts & t-shirt
- Down jacket or vest
- Compass/Altimeter/GPS
- Swiss army knife
- Umbrella - pocket size, for around camp in the event of rain
- Ear plugs
- Boot waterproofing
- Ski pole(s) - for hiking and approaches
- Camera + film
- Spare eye glasses
- Reading/writing material
- Small personal amount of liquor / treats, if desired

Vehicle Safety Supplies

The logging road you will be driving on is suitable for all but the sportiest of two-wheel drive vehicles. You will be in a convoy with others going to the camp, but you need to make sure that you have appropriate emergency supplies for your vehicle.

Spare tire with air pressure recently checked. Spare tire should be of normal size (not the little temporary spare)

Car jack - ensure it works properly

Tire wrench - ensure it fits your tire nuts (specialty wrenches are required for some 4-wheel drive wheels)

Spare oil and water

Chemical tire filler - these cans can be purchased at most gas stations

Chicken wire - to wrap around your car while you are in camp. Porcupines are known to chew on brake lines! Please remember to take your chicken wire with you when you go unless you have specifically arranged for someone else to use it. This will avoid the problem we've had in the past with a large mess of chicken wire being left behind.

Please respect the mountain environment you are in at all times.

Safe Traveling Procedures

Forest Roads are subject to continuous changes due to weather, surfacing materials, and traffic volume and traffic flow. All users are responsible for the safe operation of their vehicles based upon the vehicle condition, equipment and driver ability. All GMC participants and staff will travel in a convoy going to the staging area. The following are guidelines for drivers:

- If you own a two way VHF radio, bring it along, as it may come in handy on the road. ACC staff will be leading and following the GMC convoy, and will be equipped with radios. The small, personal short-range radios that have recently become popular are also useful for this purpose.
- All vehicles are to be operated and equipped for the appropriate road conditions (see Vehicle Safety Equipment under Equipment List above).
- Kilometer signs & road names will be used to identify turn-offs & meeting places.
- Forestry crew vehicles (including logging trucks) will normally have right of way. Common sense must apply; crew vehicles will not assume they have safe passage.
- Driving lights or headlights must be turned on while traveling on Forestry roads.
- When the road is busy, traffic should bunch up but maintain safe sight distance out of the blowing dust of the lead vehicle. This will help to reduce radio traffic.

- Be extremely cautious if you need to pass another vehicle. Dust, hills and bends in the road are hazards which make passing difficult and dangerous.
- There is no official convoy set up at the end of your week, but we urge you to “buddy up” with at least one other vehicle for the return trip, and exercise extreme caution until you reach the highway.