

THE ALPINE CLUB OF CANADA  
**Argentine Glacier Ski Camp**  
Friday April 17th, (evening meeting) to Saturday April 25th, 2009

**Location:** Northern Selkirks  
**Guide:** Conrad Janzen, (403) 760-0887, [conradjanzen@yahoo.com](mailto:conradjanzen@yahoo.com)  
**Camp Manager:** Zac Robinson, (780) 642-3810, [zac.robinson@ualberta.ca](mailto:zac.robinson@ualberta.ca)  
**Fee:** \$1,995 + \$99.75 GST = \$2,094.75  
**Cancellation Insurance:** \$146 (optional)  
**# Participants:** Twelve  
**Meeting Place:** Kicking Horse River Lodge in Golden, BC

### 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](mailto:adventures@alpineclubofcanada.ca), 403-678-3200 ext 109) or any of the camp staff listed above.

### Accommodation

The first night will be spent at the comfortable Kicking Horse River Lodge in Golden, B.C., 801 9<sup>th</sup> Street North, 1-877-547-5266. Please note that dinner on April 17<sup>th</sup> and 25<sup>th</sup> are not included in your camp fee. The traverse will use Alpine Club of Canada supplied tents.

For those wishing to book an overnight in Golden prior to 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

Meals will be prepared by a backcountry chef, and cooked by your camp manager - but participants will be expected to assist with meal preparation, washing dishes, and other camp chores. Toilet facilities will of course be rustic in nature, but will be sheltered and sanitary. Our staff is dedicated to operating this camp in an environmentally sound manner.

### Getting There

Golden can be easily reached by car or by bus. For schedules, inquire at your local bus depot. The most convenient airport to Golden is Calgary International Airport. Brewster Bus Lines (403-762-6767) offers a direct bus from the Airport to Canmore/Banff/Lake Louise with connections to Golden via Greyhound Bus Lines (800-661-8747). The Banff Airpoter also leaves Calgary airport every hour to Canmore and Banff, [www.banffairpoter.com](http://www.banffairpoter.com).

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**

The group will meet in Golden at Kicking Horse River Lodge on Friday, April 17<sup>th</sup> at 8:00pm (Mountain Time). *It is vital you attend this meeting.* Upon your arrival, please identify yourself as a member of our group. This night's accommodation is included in your camp fee.

During this meeting an equipment check will be done, group equipment and gear will be divided up between participants and staff and all final details will be reviewed. Our group will depart for our adventure on Saturday morning at 8:30 a.m., right after breakfast. Please do not be late for the meeting on Friday night, as it is very important that participants' gear is checked and that we keep to our schedule.

Participants' vehicles will be used to transport participants, food and equipment to the helipad located in Golden. A helicopter will fly everyone and their gear to the Argentine Glacier. Since your car will be parked unattended for a week, do not plan to leave any valuables in it.

## **Itinerary\***

April 17 <sup>th</sup>	Meet at Kicking Horse River Lodge in Golden 8pm
April 18 <sup>th</sup>	Fly to Argentine Glacier and set up camp plus a quick tour of the area
April 19 <sup>th</sup> – 24 <sup>th</sup>	Ski tours of the area returning to camp each night
April 25 <sup>th</sup>	Break camp and fly back to Golden

*\*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) and insurance for visitors to Canada. To find out more about their insurance options, visit the Travel Underwriters website at [www.travelunderwriters.com](http://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](http://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](http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp)).

## **Recommended Reading**

### **Guidebooks**

*Summits and Icefields – Alpine Ski Tours in the Columbia Mountains*, by Chic Scott  
*The Columbia Mountains of Canada Central*, Fox, John K. et al  
*Selkirks North*, Jones, David P.

### **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 and Sullivan River 82 N/13  
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](http://www.AlpineClubofCanada.ca) or email [info@AlpineClubofCanada.ca](mailto:info@AlpineClubofCanada.ca) for further details.

### **Equipment**

Since both load carrying capacity and space are limited with a helicopter, participants must keep the weight of their personal gear limited to 23 kilograms (50 pounds), not including skis, boots and poles. We prefer you pack personal gear into a smaller type of duffel bag and your day/ski pack for transport to the camp. Large bulky duffels and packs are difficult to handle and fit into helicopter luggage compartments. Extra flights due to excessive baggage are very costly and we may ask you to reduce your gear if it is warranted.

Alpine touring skis, telemark skis or a split snowboard may be used on this camp. It is very important that your skis (or splitboard), boots and climbing skins fit properly and be in good condition. Skis must be modern and intended for variable backcountry conditions. Please ensure that all your gear is well broken in, especially your ski boots. Poorly fitting boots and the blisters that will result will drastically affect your experience.

### **Important Information Regarding Avalanche Transceivers - Please read carefully!**

EACH PARTICIPANT MUST HAVE AN AVALANCHE TRANSCEIVER. This transceiver MUST be a make and model recommended by the Canadian Avalanche Association.

This will be strictly checked and enforced prior to departing for any camp. If you arrive at the scheduled meeting place without a recommended avalanche transceiver, you will not be allowed to participate in the camp and will forfeit your fees.

You must also purchase two (2) complete sets of batteries for your avalanche transceiver. Do NOT rely on the batteries that come with the unit.

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.

## **2009 Argentine Camp Equipment List**

### **Clothing**

- Synthetic underwear top and bottoms (wicking layer)
- Warm synthetic pants (e.g. Schoeller, wool, or fleece)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent, i.e. waterproof/breathable outer shell w/ hood)
- Wind and waterproof shell pants (full zip )
- Gaiters (if using telemark boots)
- Wool or synthetic heavy socks (2 – 3 pairs)
- Thin liner socks (2 pairs)
- Warm inner liner gloves or mitts
- Waterproof over-gloves or mitts
- Spare gloves or mitts
- Neck tube or scarf
- Toque (warm hat) or balaclava
- Bandana
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Insulated or fleece pants (optional, for evenings)
- Sorrel-type snow boots for around camp

### **Personal Equipment**

- One medium or two small duffel bag for transporting gear by helicopter
- Ski touring daypack with side straps (for carrying skis if necessary)
- Warm four-season sleeping bag (-15°to -30 C / 5°F to -22°F), depending on your comfort level
- Therm-a-rest AND closed-cell foam pad
- Insulated cup
- Pocketknife
- Ski goggles
- Sunglasses with good UV protection (wraparound or w/ side shields)
- Sun screen and lip protection with high SPF
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid
- Small personal first aid kit – Band-Aids, moleskin, duct tape, medications, etc.
- Toilet kit including anti-bacterial wipes
- Headlamp - with spare batteries and bulb
- Toilet paper (a small personal amount for the day)
- Lighter or matches
- Pee bottle - (optional) for nighttime
- Sandwich box/lunch container

### **Ski Equipment**

- Mountain skis (recommended minimum dimensions at ski tip-waist-tail = 110-75-100 mm or greater) or split snowboard
- Boots; plastic telemark or alpine touring, previously worn and proven comfortable
- Poles
- Skins (full width, properly fitted to skis, and well glued)
- Ski crampons – fit and tested on bindings and width of skis
- Avalanche transceiver (457 kHz) with spare batteries
- Snow shovel

- Avalanche probe
- Skin wax (Glop Stopper)
- Repair kit - extra parts and tools that are specific to your gear
- Ski tie strap

### **Glacier Gear**

- Seat harness
- One length of nylon webbing – 3 meters (10') long
- One Prussik cord 5 meters (16') long, 6 - 7 mm diameter
- One Prussik cord 1.5 meters (5') long, 6-7 mm diameter
- Two locking carabiners - at least one MÜNTER (pear shape)
- Two non-locking identical carabiners
- Mountaineering ice axe
- Boot crampons

### **Optional**

- Journal and reading material
- Camera
- Pocket knife
- Map and compass, GPS
- Thermos
- Earplugs
- Liquor/treats, if desired

### **Some notes on equipment:**

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.

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