

THE ALPINE CLUB OF CANADA
Little Yoho Valley Ski Camp
Saturday March 28th (evening meeting) to Saturday April 4th, 2009

Location: Yoho National Park
Guide: Jim Gudjonson, (250) 344-2368, mtnguide@uniserve.com
Camp Manager: TBD
Fee: \$1,795 + \$89.75 GST = \$1,884.75
Cancellation Insurance: \$130 (optional)
Participants: Twelve
Meeting Place: Kicking Horse River Lodge, 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, 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. As well you must have the facilities upgrade option on your membership, as you will be using the ACC huts during this camp.

Accommodation

Accommodation (except for the first night at the Kicking Horse River Lodge) will be in the ACC's Stanley Mitchell hut, which is a spacious and comfortable hut with one large communal sleeping area upstairs and living space (including a wood-burning fireplace which gets the hut toasty warm) on the ground floor. The charm of this hut cannot be overstated; it is a beautiful log cabin with lots of history. It was built in 1939, and boasts a long history of ACC Ski Camps. Many of the first notable ski guides in the Canadian Rockies, including Ken Jones and Bruno Engler, have worked at camps based out of this hut.

Keep in mind that while this is a very cozy base for your week, it is still a rustic facility with shared sleeping quarters and outhouses!

All accommodation costs for the camp are included from the first night at the Kicking Horse River Lodge, as well as all accommodation at the Stanley Mitchell Hut. If you require accommodation in Golden prior to the evening of March 28th or immediately following the camp (evening of April 4th), you need to arrange your reservations personally with the Kicking Horse River Lodge at (250) 439-1112 or toll free at 1-877-547-5266. Book early, as it is ski season at that time and the hostel can be very busy.

Meals

Scrumptious meals will be prepared during the camp by your Camp Manager and Guide 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

Golden can be easily reached by car or by bus. For bus 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).

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.

We will be departing for the staging area by 9:30 a.m. – ensure that your bags are packed and there is gas in your car.

Participants' vehicles will be used to transport participants, food and equipment to the helicopter staging area near Heather Mountain Lodge, 55km west of Golden. A helicopter will fly everyone and their gear into and out from the camp.

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Kick Off Meeting

Participants will meet at Kicking Horse River Lodge in Golden, B.C. at 8:00PM Mountain Time, Saturday, March 28th, 2009.

This breakfast is included in your camp fees

Itinerary*

March 28 th	Meet at 8:00pm at the Kicking Horse River Lodge in Golden, BC
March 29 th	Fly by helicopter to the shoulder of Des Poilus and ski the rest of the way in to Stanley Mitchell Hut
March 30 th – April 3 rd	Explore the area around Stanley Mitchell Hut including possible ascents of the President, the Vice President, MacArthur, and Isolated Peak; stay at Stanley Mitchell Hut
April 4 th	Ski 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) 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

Overnight backcountry passes are included in the cost of camps that take place within National Parks, but participants are responsible for other fees associated with the use of such parks

(such as park entry fees). Many of these fees are directly related to whether or not you will be charged in the event of a rescue, so you are strongly advised to avail yourself of the correct information. For more information, contact the appropriate National or Provincial Park.

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

Summits and Icefields – Alpine Ski Tours in the Canadian Rockies, by Chic Scott
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

82N/10 Blaeberry River

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 the camp staff 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 a short distance on the way in and all the way out, so pack lightly.

You will be asked to carry some group gear in addition to your own personal items, so leave room in your pack for 4-6 kg (10-12 pounds) of group food and gear. We recommend that the total weight of your pack not exceed 14-16 kg (30-35 pounds).

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. Skis that are essentially cross-country skis with metal edges are not acceptable. 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 and slow down the entire group.

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 Little Yoho Valley Ski Camp Equipment List

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)
- Waterproof over-gloves or mitts
- Spare 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

- Large size backpack (50-70 litres) for personal and some group equipment
- Sleeping bag (+5° C to -10°C/41° F to 14° F, depending on your comfort level)
- Ski goggles
- 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
- Sandwich box/container for lunch

Ski Equipment

- Mountain skis (recommended minimum dimensions at ski tip-waist-tail = 110-75-100 mm or greater) or splitboard
- Boots; plastic telemark or alpine touring, previously worn and proven comfortable
- Poles
- Skins (full width, properly fitted to skis, and well glued)
- Avalanche transceiver (457 kHz) with spare batteries
- Snow shovel
- Avalanche probe
- Skin wax (Glop Stopper) and grip wax (Dry or Blue Extra)
- Repair kit - extra parts and tools that are specific to your gear
- Ski tie strap

Optional

- Journal, reading material, and pencil

- Camera
- Map and compass / Altimeter / GPS
- Pocket knife (Swiss Army style)
- Thermos
- Ear plugs
- Small personal amount of liquor / treats, if desired
- Map and Compass/Altimeter/GPS

Glacier Gear

- Seat Harness with adjustable leg loops
- 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 metres (5') long, 7mm diameter
- Two locking carabiners - at least one Munter (pear shape)
- Two identical non-locking carabiners

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. All huts are supplied with eating utensils and mattresses.

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