

**THE ALPINE CLUB OF CANADA
Marmot Women's Ski Camp
5th March 2010 to 9th March 2010**

Location: Banff National Park
Guides: Sylvia Forest, s-forest@telus.net,
Alison Cardinal, hendoali@hotmail.com
Camp Manager: Sandy Walker, swalker@alpineclubofcanada.ca
Fee: \$1050.00 + GST =1102.50
Cancellation Ins: \$95.00 (optional)
Meeting Place: Canadian Alpine Center (CAC) Lake Louise Friday March 5th at 7am
Office contact: Marc D'Astous 4036783200x112 adventures@alpineclubofcanada.ca

Membership

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

Accommodation

The Alpine Club of Canada's Bow and Balfour Huts have been booked for the nights of March 5th to 8th. Accommodation is not included for the nights of March 4th or 9th 2010. If you require accommodation on the night before and after the camp we recommend,

- [CAC Hostel lake Louise](#) 403-522-2201

Meals

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. We are able to accommodate preferences such as vegetarians and most food allergies.

Travel and Transportation

The most convenient airport is Calgary International Airport. Lake Louise is about 2 hours 15 minutes from Calgary and can be easily reached by shuttle bus or car.

- Brewster runs an airport shuttle that services Lake Louise (1-800-760-6934).
- Greyhound also runs a service through Lake Louise (www.greyhound.ca)

Participants vehicles will be used to transport participants, food and equipment from Lake Louise to the Bow Lake parking 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 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 (i.e. airplane flights) within a day or two of the last scheduled day of your camp.

Kick Off Meeting – Thursday March 5th, 07:00, CAC Hostel Lake Louise, Guides Room

It is *essential* that all participants attend this meeting. During the group meeting camp staff will review the week's itinerary, participants' expectations, do an equipment check, divide group gear and organize car pooling.

Insurance Options

We recommend purchasing insurance through Travel Underwriters – this can be done through Marc D'Astous at the ACC's national office in Canmore: (adventures@alpineclubofcanada.ca). TRU offers 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.

Parks Canada Information

A backcountry wilderness pass is included in the camp fees to cover the nights that you will spend in the backcountry. However, you will also require a National Parks visitors pass as well which is not included. These passes are available for purchase at the Park's entry gate or call the National Office of the Alpine Club of Canada.

Parks Canada has asked us to pass the following message on to you: 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" which can be found on their website: http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp. The brochure describes appropriate behavior 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.

Discount on Books and maps

Recommended books and maps are listed on the equipment list. ACC members receive a 15% discount on select books and maps. 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 reviewed carefully when packing for this camp - please pack lightly. Do not hesitate to contact camp staff if you have any questions at all about your equipment. 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 16-18 kg (35-40 pounds).

The following stores offer rental gear:

- [Gear Up](#) (Canmore) 403-678-1636 (8:00am-7:00pm MST) 25% discount on rental gear and 10% discount on retail gear (except ropes) to ACC Mountain Adventure participants.
- [Campus Outdoor Centre](#), University of Calgary 403-220-5038 (8:00am-8:00pm MST)
- [Mountain Equipment Co-op](#) (403) 269-2420 (Calgary) or (604) 872-7858 (Vancouver). MEC will apply a portion of your rental cost toward purchase.

Blisters are always a problem on camps and inevitably slow down the entire group. Please ensure your boots fit properly and have been tested out prior to your camp. Alert camp staff at the first sign of a blister – blisters will only get worse if you wait.

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.