



The North Face (SUMMER LEADERSHIP COURSE) has supported Alpine Club of Canada (ACC) Leadership Courses since their inception, and we appreciate their generosity towards these initiatives.

Date: August 3rd – August 10th, 2024
Instructors: Matt Reynolds (mattmountainguiding@gmail.com)
Alison Andrews (a.l.andrews@icloud.com)
Volunteer Leader: Nick Buda (nick.buda@gmail.com)
Brooklyn Rushton (brooklynrushton@live.ca)

CAMP FEES

Registration Fee: \$1,595 + TAX

Private Tent Fee: \$200

Food Preferences:

No Restrictions	\$0
Vegetarian	\$0
Gluten Free	\$60
Lactose Free	\$60
Gluten and Lactose Free	\$120
Vegan	\$120

More details can be found below in the food section.

Shuttle – \$XXX to take the shuttle from Revelstoke to the helicopter staging and back to Revelstoke. Price is being determined; keep an eye out for an update in the outpost.

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

ABOUT THE NORTH FACE SUMMER LEADERSHIP PROGRAMS

Mountain leadership development is part of The Alpine Club of Canada's mandate. Hundreds of volunteers give of their time at both the Section and National levels to ensure other ACC members have a safe and enjoyable time in the mountains.

Twice annually (winter and summer), The North Face and the Alpine Club of Canada offer courses for activity organizers from all ACC Sections, in recognition of the leadership training needs of these tireless and invaluable volunteers. The primary objective of these courses is to empower ACC volunteers by enhancing their leadership skill sets. Through alpine environments and technical travel, the Summer Leadership Course emphasizes the 'human-factor' in leaders' decision-making, applicable to ACC activities across Canada. The next winter leadership course will be occurring in 2024/2025. If you are interested in increasing your leadership skills through this opportunity, dates and more details will be released closer to summer 2024.

ABOUT THE 2024 SUMMER LEADERSHIP COURSE PROGRAM AT THE Remillard GROUP GMC

For 2024, the ACC SUMMER LEADERSHIP COURSE Leadership Program will take place during the 5th week of the General Mountaineering Camp (GMC) based in the unique and beautiful alpine wilderness in the Remillard Group in the Northern Selkirks. Basecamp will be situated at the bottom of the north face of Half Dome.

Camp location: 51°44'30"N 118°05'36"W

Camp Elevation: 1,900m

Possible Objectives: Remillard Peak, Yardarm Ridge, Courthouse Peak, Half Dome, Serendipity Spire, Crow Peak, and more.

The camp operates on a seven day, Saturday to Saturday basis. Your weekly attendance fee will cover the flight in and out, double-occupancy tent accommodation, guiding and instruction in all disciplines, sumptuous meals, and group climbing equipment (other than personal gear listed in the gear list).

All our camp equipment, along with the participants' personal gear and climbing equipment, will be flown in by helicopter. Once in camp, our friendly, capable and professional staff headed by a camp manager will tend to participants. During daily outings, participants will benefit from the services of ACMG-certified full mountain guides who will lead climbs and provide ongoing instruction in all aspects of mountain craft. Amongst the Summer Leadership Program staff will be two ACMG guides and two amateur leaders, who have worked with Matt for several years now. There will also be a camp doctor on site.

COURSE EXPECTATIONS

Topics covered within the Summer Leadership Course will vary depending on conditions and local GMC venues. Technical skills may vary from year to year to be able to take advantage of each unique GMC location, but the principal objective of these courses is to empower ACC volunteers by enhancing their leadership skills. Please note the course does not cover basic climbing skills or first aid.

The course will cover a broad range of leadership skills and technical skills with emphasis on the following:

- Pre and Post trip habits
- Situational leadership and group decision making
- Conflict Management
- Stewardship
- Glacier Travel

- Multi pitch ascending / descending systems
- Companion rope rescue system
- Managing 4th class terrain

Daily pre and post trip meetings, combined with group discussions on leadership topics throughout the week, will enhance the field travel days. The instructor group will begin the week by choosing trips for the group, however, we will transition throughout the week to participants organizing and leading their own trips in smaller groups under instructor supervision. This combination of trip planning, leadership skills discussions, and technical skills updates, offer a unique course giving participants more confidence in expanding their knowledge and comfort leading and organizing future mountain trips.

FOOD

Food is always a highlight at the GMC! We set up a full backcountry kitchen, complete with ovens, running hot and cold water, and three experienced chefs per week. We fly in and prepare fresh food: no dehydrated backpacking meals here. Much of our food is prepared from scratch, including the delicious baking.

Allergy/Intolerance

Non-Meat	We will accommodate non-meat in all meals/snacks. These meals will still include dairy, eggs and honey.
Dairy Free	Main meals will be accommodated. Please contact the office for more details if you have specific concerns.
Gluten Free	Main meals will be accommodated. There may be parts of meals that you will have to pass on. Gluten free sandwiches will be provided or lunches. Please bring your own gluten free oatmeal. Please contact the office for more details.
Medical Allergies (food allergies, celiac, Crohn, colitis and anaphylactic)	Medically guided diets must contact us at time of booking to full clarify the scope and limits of dietary guides. We will do our best to accommodate these conditions, but cannot guarantee an allergen free kitchen, or guarantee that cross contamination will not occur.
Individual allergies (ex: kiwis)	Please contact the office to let us know. We will do our best to accommodate as much as we can, however, we unfortunately do not have the ability to cook individual meals for every allergy.
Food Preferences/Dislikes	These will not be accommodated unless they fall into the above categories. Please email the office if you have concerns.

Religious Diets

Moral or religious food laws will be honoured to the spirit of the law. However, we cannot accommodate the letter of the law. This may oblige you to be served a non-meat option or to forgo certain items

Other diets (vegan, paleo, Atkins, intermittent fasting etc)

We ask that clients following these diet plans recognize that the kitchen is preparing for the entire camp and as such individualized diets as such will have to work around the average menu to accommodate their restrictions.

We are able to accommodate medical dietary restrictions (within reason, as we are operating a remote camp). The office staff will work with you to find an accommodation if you have a serious medical dietary requirement. For example, we may ask you to bring snacks to supplement the provided meals or bring specific ingredients or prepared meals for the cooks to store and prepare. **As we cook and use one food prep area, please be aware that there may be cross-contamination. We cannot guarantee that allergens have not come in contact with other food.** If you have a severe or anaphylactic reaction to food, please make this aware to all guides, cooks and camp managers.

All food will be provided from dinner of Day 1 onward. Please come prepared with breakfast and a lunch on flight day: no food will be available at the heli-staging area or immediately after your arrival in camp.

FRONTCOUNTRY LOGISTICS

This year's camp will begin in Revelstoke, British Columbia.

Getting there

When traveling by personal vehicle, Revelstoke can be reached from either the East or West via the Trans-Canada Highway (HWY 1) or from the south via Highway 23. Please note that if passing through Golden from the East, highway widening projects are currently ongoing along highway 1. Be sure to consult DriveBC (<https://drivebc.ca/>) for the closures and expected delays and plan accordingly.

If you are looking to carpool, we will be sharing a carpooling list for other folks in the program and other guests attending Week 5 of the GMC. All individuals on the list will have agreed to share their emails for coordinating carpooling, so feel free to reach out and organize ridesharing amongst yourselves.

For those who will be flying, the Calgary International Airport is the closest commercial airport to Revelstoke. From here, you will have the option to coordinate carpooling, rent a vehicle, or book a spot on a shuttle (there are several companies that offer trips between Calgary and Revelstoke).

Meeting and parking

Our tentative meeting location is in the parking lot of Adamant Lodge in Revelstoke, BC. Please arrive at 7am (MST) on Saturday morning to sign waivers and either organize carpooling and join the convoy or hop on the shuttle. You must pre-book to be guaranteed a spot. This year the cost is to be determined will be updated mid January. You must pre-pay in order to have a seat on the shuttle (no walk-on bookings). This can be added to your cart at time of registration.

*Please always check [DriveBC](#) before traveling to the camp by car. This will notify you of any road closures or construction.

For those opting to take the shuttle, you will be able to leave your vehicle in an unsecured gravel lot next to Adamant Lodge. The business is open 7 days a week and staff will be actively working outside. However, no one will be monitoring this lot. Therefore, we recommend that you take all personal belongings and valuables from your vehicle before departing.

Traveling to staging

The late season melt this year means that our helicopter staging location will be somewhat of a traveling circus as we gain access farther up the Sitt Main FSR throughout the season. Having the staging as close to camp as possible minimizes our impacts associated with flights as well as simply gets you into camp sooner. Our Mountain Adventures Coordinator, Mariah (adventures@alpienclubofcanada.ca) will ensure everyone knows where to go ahead of the camp start date.

Staging will be approximately at: 51°40'48"N 118°05'03"W

[Google Earth link to staging map.](#)

FOOD:

You are responsible for breakfast and lunch on your incoming transfer day.

Vehicle safety supplies

Here are a few precautions we recommend you take to protect yourself and your vehicle on the trip:

Chicken wire – Used to wrap around your car while you are in camp (only if you've driven up to the staging area). 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 of a large mess of chicken wire being left behind. Please respect the mountain environment you are in at all times.

Small emergency kit – You will not have cell phone service for most of the drive from Revelstoke. Please have a small emergency kit (first aid kit, blankets, water, food) in your car in case of emergencies if you're planning on driving.

Staging and flight into camp

Before being flown into camp, participants must check in with the frontcountry manager and the camp coordinator. They will give a group helicopter safety talk. Dunnage will be weighed and collected, and participants will be organized into groups for the flight.

Please keep only the following in your daypack, which you will carry with you: lunch, sweater, rain gear, hat, sunglasses, camera if desired, water, all your valuables (wallet, airline tickets, etc.) and your sleeping bag. An ACC representative will assist you while you are boarding the helicopter. Please be patient with delays: fuelling, emergency operations, and weather can cause delays to the flights.

When you arrive at camp, please report immediately to the Camp Manager. They will check you in and direct you to your tent. Please respect the mountain environment and the people you are with at all times.

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. Circumstantially, it is easier to have two smaller packs, plus a day pack, for ease and efficiency in loading the helicopter. In keeping with Canadian Aviation Standards, your main duffel bag(s) must not collectively 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. We do not have time to weigh the bags but please keep bags under the weight allowance. Please do not bring a massive loosely packed bag. The smaller the bag the less room it takes which means less gear flights. This helps with our environmental impact and with keeping camp costs low.

Your helicopter dunnage should be secured in one bag, with prominent identification indicating the week 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.

Please **DO NOT** bring bear spray, it **CANNOT** travel inside the body of the helicopter, or inside a bag that camp staff might load into the helicopter without inspecting the contents. Even a drop or two escaping mid-flight because your duffel bag was loaded the wrong way could be disastrous. There will be a bin of bear spray available for climbing teams to borrow at camp.

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.

Flight out of camp

The return helicopter is expected to arrive for the first flight soon after breakfast each Saturday. Please organize your equipment on the Friday evening, leaving a minimal amount of final packing for the Saturday morning. Baggage will normally be airlifted to the parking area by noon. Allow for the possibility of a delay of several hours or more when planning your post camp travel. Please do not plan to travel further on Saturday (i.e., do not commit to a flight out of Calgary or Vancouver Saturday evening) as delays have been known to happen delaying transportation by several hours. If you have purchased a spot on the ingoing shuttle, you have a spot on the outgoing shuttle.

EMERGENCIES & INSURANCE

There is no cell service at the camp. If you need to be reached because of an emergency while you are in the backcountry, your family should contact the Mountain Adventures Coordinator at the National Office at #1-403-678-3200 ext. 213. We do not have instantaneous contact with the camp, but we will be able to get a message in within a day or so in the event of an emergency. If necessary, you will be responsible for covering all costs related to a helicopter evacuation. If you need regular contact with the outside world for personal or work commitments, we encourage you to obtain your own method of satellite communication (inReach or satellite phone).

We strongly encourage all participants travelling from outside of BC carry emergency medical insurance which includes mountaineering as an activity. This ensures you will not be on the hook for the costs of air evacuation (if a private helicopter is used), ground ambulance fees or medical/hospital fees (which are only partially covered by your provincial healthcare when travelling out of province).

Please make sure to tell your emergency contact(s) that delays on the way in and out of the camp are quite likely. Please have them contact the Mountain Adventures Coordinator (adventures@alpineclubofcanada.ca, 403-678-3200 ext. 213) instead of independently initiating a rescue if they're concerned about a delay.

Please report any emergencies to the nearest camp staff. All camp staff are trained in safety protocols and will help direct you.

Fitness

Participants should be comfortable with long, 8-10 hour, days moving through alpine and treeline terrain. Participants should be confident in their movement skills in a mountaineering environment which may include travel on steep snow, low angled ice, and rock climbing to a 5.7 standard. It is recommended for those individuals who live in lower elevations to arrive early to acclimate to the higher elevations, as camp will be at 2000m.

Medical

A doctor who has volunteered their time will be available to deal with any medical emergencies that may arise. Participants with any ongoing medical problems should see their own personal doctor prior to arriving at camp, as well as provide this information to the ACC on their camp application form. We require that anyone who discloses a serious medical condition provide a note from their doctor, stating that they are fit enough to attend the camp.

Mountaineering is a strenuous activity. Your enjoyment of the GMC will be greatly enhanced if you are in good physical condition. Physical activity during your pre-camp program should include strengthening and aerobic exercises.

You must bring your own prescription medications and a personal first aid kit. The most common medical problems at camp can be prevented; they include:

Blisters - these are often the result of a lack of conditioning prior to the camp, and can ruin several days of activity. Blisters can usually be prevented by simply knowing your feet and your footwear. Boots should fit properly, be comfortable and be well broken-in. Problem areas must be treated and protected from the moment of detection. Don't wait!

Sunburn - is common but avoidable by using an effective UV sun-blocking product. A sunscreen with a Sun Protection Factor (SPF) of 30 or more is suggested, as this region has a lot of snow and ice, which strongly reflects the sun's rays.

Drinking plenty of water can reduce cramps and heat exhaustion – avoiding overexertion and ensuring you have a good supply of salt in your diet.

Personal First Aid Kits are essential in dealing with any minor personal first aid needs you may have. Contents should include items such as moleskin, medications, Band-Aids, and tape (duct or hockey tape is good). Medications will be available in camp for emergencies, but participants must bring their own personal medications and prescriptions to camp.

Examples of frequently used medications and prescriptions which are to be supplied by the individual participants are Gravol, Benadryl, Immodium, Tylenol, Aspirin, and Ibuprofen/Advil.

WHILE AT CAMP

ACCOMMODATION

While at the GMC, you will be provided with a shared three person Mountain Hardware tent or a single tent if you have purchased one upon registration. This tent will be your accommodation for the duration of the trip. Please take care when dealing with the tents: after your departure, another participant will be using it. Report any and all concerns with the tent (broken zipper, rip, leaks, etc.) to the camp manager so that we can deal with any problems.

Accommodation on the Friday night is not included in the course cost or arranged by the ACC. Because of the early meeting time, we highly recommend that you plan to stay overnight. Visit Revelstoke's tourist information centre here, or call the visitor centre at (250) 837-5345 for information on accommodation options.

If you have any general inquiries about the camp, please contact:

Mariah Skater – Adventures Coordinator at the ACC at adventures@alpineclubofcanada.ca

Morgan Sturgess – Programs Manager at the ACC at msturgess@alpineclubofcanada.ca



The ACC thanks Mountain Hardware for their consistent support of the GMC, and The North Face for their continual support of ACC Leadership Courses. Having their excellent gear to use is an integral part of the successful operation of the camp.