

# + 2024 GENERAL MOUNTAINEERING CAMP



## Remillard GROUP CAMP WEEKS

- Week 1: July 8 – 13
- Week 2: July 13 - 20
- Week 3: July 20 - 27
- Week 4: July 27 – Aug 3
- Week 5: Aug 3 - 8
- Artists' Camp: Aug 8 - 13

## CAMP FEES

**GMC Weeks 2 - 5 (8 day camp) - \$3,295 + GST**  
**Week 1 and Artist Week (6 day camp) - \$2,595 + GST**  
**Single Tent – \$200**

### Food Preferences for 6 day camp –

No Restrictions	\$0
Vegetarian	\$0
Gluten Free	\$45
Lactose Free	\$45
Gluten and Lactose Free	\$90
Vegan	\$90

### Food Preferences for 8 day camp –

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** – \$145 to take the shuttle from Revelstoke to the helicopter staging and back to Revelstoke. There is limited space on the shuttle so book early if you're worried about vehicle clearance on the FSR.

**Membership** – You must have an active ACC membership at the time of the camp

## THE SETTING

For 2024, we are excited to announce the GMC will be visiting the unique and beautiful alpine wilderness surrounding Remillard Range. This remote area was last visited by the GMC in 2001 and was one of the last group of peaks in the Selkirks to be explored. The majority of the first ascent activity took place in the 1970s.

This area of the Selkirks includes many different flavours of rock, from solid limestone to marble to beautiful alpine granite. There are long ridges with expansive views in all directions. A nice part of the camp objectives will be long, scenic loops from camp involving fun ridge climbing, glacier travel and stream crossings.

You can expect seldom-visited glaciers and summits, spectacular views, and a chance to experience a true wilderness area- but with the trademark GMC food, community, comfort, organization, and staff that the camp is known for.

Every day, you will have the opportunity to work on your alpine, rock, or rope skills, or climb a local peak. You can choose from the many objectives in the area, with a mix of technical and physical difficulties.

The GMC has been running for 115 years, and we think we've got it down. With large dining and tea tents, you can relax in comfort from your day's excursion either inside or outside, depending on your mood (and the weather!). The three camp cooks will prepare all your food from scratch. Each evening, you choose your next day's adventure. In the morning, you'll head out with your guide or leader to be amazed at what the mountains have to offer.

Camp location: 51° 44'30"N 118° 05'36"W  
 Camp elevation: 1900m  
 Possible objectives: Remillard Peak, Yardarm Ridge, Courthouse Peak, Half Dome, Serendipity Spire, Craw Peak, and more.

## DIFFICULTY

The GMC welcomes all Alpine Club of Canada members, 16 years of age or older, from novice to expert, intrepid or laid back. Its many objectives accommodate all of our members, regardless of technical skill or fitness. You can choose your

difficulty based on technical ability and length of day desired. The various peaks and approaches may include everything from hiking to general glacier mountaineering to technical ice and rock climbing. Introductory and intermediate skill reviews are offered on snow, rock and ice (depending on available terrain). In addition to the more technical climbing on the big peaks, there are easier routes on the smaller sub-peaks surrounding the campsite. Some short hikes are available near base camp.

## ABOUT THE GMC

The camp operates on an eight day, Saturday to Saturday basis for GMC weeks 2 to 5, and on a six day basis for the Independent Camp and Artists' Week. Your weekly attendance fee will cover the flight in and out, tent accommodation, guiding and instruction, sumptuous meals, and group climbing equipment (other than personal gear listed in the gear list).

All our camp equipment, food, participants' personal gear, and climbing equipment will be flown in by helicopter. Once in camp, our friendly, capable and professional staff will tend to participants. During daily outings, participants will benefit from the services of ACMG-certified guides who will lead climbs and provide ongoing instruction in all aspects of mountain craft. There will be refresher courses offered on alpine snow, ice and rock for participants who wish to acquire or review mountaineering skills. Among the camp staff will be a contingent of volunteer leaders, comprised of Alpine Club members who volunteer their services and help lead climbs throughout the week. Many of the volunteer leaders are also guides in other disciplines (rock, hike or ski guides) who are working on their full mountain guide certificates. The leadership and mentorship opportunities

at the General Mountaineering Camp are part of The Alpine Club of Canada's commitment to the next generation of mountain leaders. Each week will have a camp manager, four fully certified guides, one apprentice guide and four volunteer leaders along with thirty-one participants, three cooks and two camp volunteers. There will also be a camp doctor on site.

All climbing and related activities are planned and organized daily by a Climbing Committee, made up of the camp manager, the guides, and the volunteer leaders. Each evening, the Committee plans a number of trips and posts sign-up sheets. Camp participants then sign up for their first and second choices. These choices should be based on the difficulty of the climbing objective and the respective participant's self-assessment of their ability. The Committee then reviews the sign-up sheets, assembles parties and assigns leaders to them.

With prior approval of the Climbing Committee, experienced members may form private climbing parties under their own leadership. As the Committee is ultimately responsible for the safe conduct of climbing activities associated with the camp, it has final authority on ALL trips. Participants wanting to complete personal climbing trips should talk to the committee about the details of their proposed trip. This is only granted if the climbing committee knows you well and won't be an option on your first GMC.

The GMC continues to be incredibly popular amongst our members. In order to keep guide-client ratios low, we will have a total of five guides and five volunteer leaders. The camp manager is also a climbing leader if necessary. The 3:1 participant to staff/volunteer ratio will allow for smaller rope teams and more flexibility in our ability to tackle different and more difficult objectives.

## 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 (nuts, 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.

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 a lunch on flight day: no food will be available at the heli-staging area or immediately after your arrival in camp. We are able to accommodate medical dietary restrictions (within reason, as we are operating a remote camp).

### **A SAMPLE DAY AT THE GMC** (no two days are ever quite the same...)

4:00AM – Early wake up horn blows for climbers with longer days ahead of them

4:30AM - Early breakfast is served

5:00AM – Rope teams leave camp for longer days/bigger objectives

6:00AM – General Wake-up Call

6:30AM - General Breakfast is served (cafeteria style)

7:00AM - More rope teams leave camp for shorter days, cragging etc.

In the field, you will likely spend the day in a group with a guide and volunteer leaders. Ratios will vary depending on your chosen objective. Objectives may include prominent peaks in the area, nearby peaks and ridges, or skills practice to fine-tune your knowledge. Approaches to climbs may be lengthy with significant elevation gain and will likely involve roped glacier travel. Many factors (including weather) will determine your group's success in reaching the summits. The focus of the day is on safety and fun!

2-4PM – Rope teams arrive back at camp

2-6PM – Free time (showers, tea time, etc.), and the choice of objectives for the next day is posted

6:00PM – Supper is served

7:30PM - Cooks will individually wrap items for you to put in your bagged lunch.

## RENDEZVOUS FOR THE CAMP

The meeting location/parking lot for the 2024 General Mountaineering Camp will tentatively be at the [Revelstoke Snowmobile Club](#) Parking Lot just North of Revelstoke. Please be aware that this parking lot is not secure. The adjacent Adamants Lodge is open 7 days a week and staff will be around, but not monitoring vehicles. If you are planning to leave a vehicle at this location, take care to secure your vehicle and do not leave any valuable belongings.

The camp coordinator will check you in and make sure you have filled out waivers. You will then go back in your car and join the line for the convoy to the staging location or load your bags in the shuttle. Please note that the waiver has been updated and you can find all current documents on the GMC webpage.

## STAGING LOCATION:

### 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](mailto: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.

## TRANSPORTATION

### SHUTTLE:

The shuttle from the meeting area to the staging area is optional. 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.

## ACCOMMODATION

While at the GMC, you will be provided with a shared 3 man 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.

## FLYING 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. 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. 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.

## RETURN FROM 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, but you need to 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 unavoidable delays have been known to happen.

## 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](mailto: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.

## MEDICAL

A doctor who has volunteered their time will be available to deal with any medical emergencies that may arise at camp. Participants with any ongoing medical problems should see their own personal doctor prior to arriving at camp, and provide information on their condition and management 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. Please make sure to tell your doctor that you will be doing physically strenuous activities at altitude: some conditions can be exacerbated by the conditions of the GMC.

If you have a recurrence of an existing and controlled medical condition at camp (seizures, heart condition,

etc), depending on the severity of the episode you will either be restricted from activities that might cause a danger to yourself, other participants, or staff, or be expected to cover the costs for your evacuation.

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. Simply knowing your feet and your footwear can usually prevent blisters. 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. You can expect 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 ensure 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 are Gravol, Benadryl, Immodium, Tylenol, Aspirin, and Ibuprofen/Advil.

## MAPS & GUIDE BOOKS

### Map References

- Goldstream River 82 M/9
- Argonaut Mountain 82 M/16.

### Book References

*Climbing routes on Remillard and the surrounding peaks are described in Selkirks North by David P. Jones. The volume has been out of print for several years. We'll provide route descriptions and information from the guidebook as we can.*

The area is covered in decent resolution on Google Earth; search: Remillard Peak, Columbia-Shuswap, BC, Canada. Use Google Earth and the images in the Camp Objectives section to see some of the possible routes we'll be looking at during the camp.

You can also purchase other ACC merchandise by visiting our website at [www.alpineclubofcanada.ca](http://www.alpineclubofcanada.ca). Remember, ACC members get a 15% discount when items are purchased through the office.

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

**Mariah Skater** – Adventures Coordinator at the ACC at [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca)

**Morgan Sturgess** – Programs Director at the ACC at [msturgess@alpineclubofcanada.ca](mailto:msturgess@alpineclubofcanada.ca)

To register, fill out the online form. You can either pay your deposit online through the online store, or by contacting the National Office by email at [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca) or by phone at 403-678-3200, ext. 213. Your Alpine Club of Canada membership must be current at the time of camp.



*The ACC thanks Mountain Hardwear for their consistent support of the GMC. Having their excellent gear to use is an integral part of the successful operation of the camp.*