

Cold Smoke Women's Series

Intro Ski Touring

This 4 or 7 day program provides women with the chance to delve into ski touring in a fun and supportive environment. Led by Emily Grady from [Cold Smoke Guiding Services](#) and Kristina Metzloff, this is an opportunity to experience backcountry skiing and to expand your mountain horizons.

The program is targeted towards solid intermediate telemark & alpine skiers with good physical fitness who would like to start venturing into the backcountry on skis. Touring equipment, transceiver search methods, terrain evaluation, track setting, snowpack assessment, and weather observation techniques are the main topics covered that will build the foundation of your backcountry ski touring skills and abilities.



Duration:	4 or 7 days
Cost does not cover:	Personal equipment
Locations:	McGillivray Pass Lodge (flying out of Pemberton, B.C.)
Guides:	Emily Grady & Kristina Metzloff.
Objective:	To teach clients how to move safely on skis in the backcountry in the winter alpine environment.
Client to guide ratio:	6:1 or 12:2
Personal requirements:	Strong intermediate skiing ability and good physical condition.
Equipment Requirements:	See Equipment List on page 4

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V0E 1S0 • 250-837-1815 •



Deposit and Payment:

A deposit of \$450.00 per person will hold your reservation up to 8 weeks prior to your arrival date. Deposits are non-refundable under any circumstances. The balance of payment is due December 2.

Cancellation:

Once the balance is paid, your package is only transferable if you can find a replacement for the same week. All funds are otherwise totally non-refundable. Cold Smoke Guiding Services reserves the right to cancel any ski package, or any portion of a ski package, at any time. Full refund will be given in this event, but under no circumstances is the company responsible for the skiers inconvenience or travel expenses. Please note that delays/cancellations may occur due to weather, helicopter issues, stability problems, uncontrollable circumstances, etc.

Driving directions from the Calgary or Vancouver area:

Pemberton is 30 min. North of Whistler and 2.5 hrs north on Hwy 99 along the Sea-to-Sky Highway from Vancouver, BC. From Kamloops take Hwy 1 west to Cache Creek, Hwy 97 north to Hwy 99 west through Lillooet and to Pemberton.

Please note the driving time from: Vancouver: 2.5 hrs; Squamish: 1hr 15 min; Whistler: 30 min. From Seattle allow 4.5 hours of travel. Check driving conditions and updates prior to departure at www.drivebc.ca.

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TENTATIVE COURSE OUTLINE

(subject to change according to women's abilities and experience levels)

- Day one:** It is mandatory to arrive at Pemberton Airport at 7:30 am on the start date of your program. This allows enough time to sign the required documentation and include a helicopter briefing. The first group will fly from the airport while the remaining participants shuttle to the exchange point at Anderson Lake (40 min east). On arrival a Whitecap Alpine host will greet and assist guests for their departure to the Lodge. Guests are requested to arrive at the airport, dressed ready to go skiing, with appropriate outdoor ski clothing, including ski boots. Lunch will be at the lodge after the welcome talks. We will do a basic tour focusing on using touring gear efficiently following a transceiver introduction. The tour entails learning more about skis, skins, boot fit, and travel techniques.
- Day Two:** Today's focus will be on terrain evaluation (steepness of terrain, exposure, snow conditions). We will also work on laying a proper skin track (considering climbing efficiency, steepness, speed, objective dangers etc.). The evening will involve a discussion on snowpack observations and assessments.
- Day Three:** Everything learned up to now will be applied. In addition we will utilize the previous evening topics regarding snowpack and weather. We will also conduct transceiver searches on a more advanced level.
- Day Four:** 4-day program wraps up and prepares for flights back to Pemberton. Decision-making in the backcountry is the focus for the day for the 7-day participants, particularly with regards to snow, weather, and Avalanche Bulletin information.
- Day Five:** We will continue to dig snow profiles to collect data and introduce the concept of a full profile. Terrain management is also a theme for the day.
- Day Six:** **MILEAGE on skis** with a focus on downhill technique.
- Day Seven:** Group Avalanche Rescue Scenario. Celebratory dinner.
- Day Eight:** Wrap-up and organize flights back to Pemberton.
- Optional course items:** downhill ski techniques, map & compass basics, navigation skills, trip planning, information sources, emergency gear & planning, and equipment maintenance.

All the days include debriefing after the tour. The course program might change depending on weather, conditions, group strength, etc. The course curriculum is full and you can expect a full day every day we go out.

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Equipment List

Mandatory Safety & Ski Equipment	Personal First Aid & Mandatory Repair Kit	Ski/Lodge Gear & Miscellaneous
<ul style="list-style-type: none"> <input type="checkbox"/> Avalanche Transceiver –457 kHz <input type="checkbox"/> Extra AA batteries for Avalanche Transceiver <input type="checkbox"/> Avalanche Shovel <input type="checkbox"/> Avalanche Probe <input type="checkbox"/> Skis (recommended dimensions at ski waist = min. 75mm) <input type="checkbox"/> Poles <input type="checkbox"/> Boots (plastic telemark or AT, previously worn and comfortable) <input type="checkbox"/> Skins (full width, properly fitted to skis, and well glued) <input type="checkbox"/> Day pack 30- 40 L <input type="checkbox"/> Ski clothes <input type="checkbox"/> Goggles <input type="checkbox"/> Sunglasses <input type="checkbox"/> Camera <input type="checkbox"/> Headlamp 	<ul style="list-style-type: none"> <input type="checkbox"/> Medical tape <input type="checkbox"/> Band-Aids <input type="checkbox"/> Tensor <input type="checkbox"/> Sunscreen/ lip balm <input type="checkbox"/> Personal medications <input type="checkbox"/> Anti-blister material <input type="checkbox"/> Anti-inflammatory <input type="checkbox"/> Contact lens kit <input type="checkbox"/> Shampoo/soap <input type="checkbox"/> Extra binding screws <input type="checkbox"/> Spare bale or cable <input type="checkbox"/> Spare basket <input type="checkbox"/> Duct tape <input type="checkbox"/> Pocket knife <input type="checkbox"/> Wire/ string <input type="checkbox"/> Ski Wax (Glob stopper) and grip wax (Dry or Blue Extra) <input type="checkbox"/> Skin glue <input type="checkbox"/> Alpine touring spare binding parts <input type="checkbox"/> Ski tie strap 	<p>Ski Clothing & Misc. Gear</p> <ul style="list-style-type: none"> <input type="checkbox"/> Long underwear & undershirt (polypropylene or wool) <input type="checkbox"/> Warm synthetic pants (fleece, Schoeller, wool) <input type="checkbox"/> Fleece or other synthetic jacket/sweater (insulation layer) <input type="checkbox"/> Gore-tex jacket (or equivalent i.e. waterproof/breathable outer shell w/ hood) <input type="checkbox"/> Wind & waterproof shell pants <input type="checkbox"/> Down coat or insulated jacket – minimum down vest <input type="checkbox"/> Neck tube or scarf <input type="checkbox"/> 2 pr. ski socks (wool or synthetic) <input type="checkbox"/> Gaiters (if using telemark boots) <input type="checkbox"/> Toque & baseball/sun visor cap <input type="checkbox"/> Sunglasses and ski goggles <input type="checkbox"/> 1 pr. Mitts or gloves with spare liners <input type="checkbox"/> 1 L. water bottle and/or thermos <p>Lodge Clothing/Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lodge slippers or lightweight shoes <input type="checkbox"/> Lightweight fleece shirt <input type="checkbox"/> Lightweight casual pants <input type="checkbox"/> Duffel bag for transport in heli <input type="checkbox"/> Toiletries (ditty-bag) <input type="checkbox"/> Good book

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- ❑ Your favorite energy bars if you are particular ex. Power/Cliff/Luna Bars. (Please note – we will provide a variety high energy snacks)
- ❑ Ear plugs for snoring noise protection
- ❑ Your favorite CDs or Ipod
- ❑ sandwich box/lunch container

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