



Bugaboos Ski Camp 2018

Dates: April 21 - 28, 2018
Location: Golden, British Columbia
Guides: Marco Delesalle IFMGA Mountain Guide
John Everts ACMG Ski Guide
Camp manager: Kathy Meyer
Cost: \$2775.00 + 5%GST/person

This is a ski mountaineering camp; Which means (if we have conditions) We will be climbing up couloirs (35 to 45+ degrees) en-route to the perfect 600 meter run. This is an advanced ski mountaineering trip, therefore everyone needs to be comfortable skinning, boot packing and skiing all alpine terrain up to 45+ degrees. Depending on the trips we may climb ridges to our ski line.

We will all meet at the alpine hanger in Golden the morning of April 21 (time TBA later).

The camp will be situated at Applebee Dome at 2480 meters at the base of Snowpatch and Bugaboo Spire.

Cancellation Insurance - I strongly recommend Cancellation Insurance and everyone should have Medical and Rescue/Evacuation Insurance. Even if you are a Canadian resident you need to make sure you are covered for evacuation if necessary.

Rescue Insurance

Whether or not you are a resident of B.C., you should carry insurance for emergency medical rescue or evacuation due to illness or injury.

Occasionally some rescue costs may be covered for BC residents if SARS is called out. However, this is often not practical, such as when bad weather interferes with communications or when time is critical due to the nature of the medical emergency. We will simply call in the closest helicopter.

For non-SARS rescues and non-BC residents, rescue costs can be high and participants are responsible for these costs.

Some private insurance policies cover emergency rescues. However it is very important to confirm prior to your trip that your coverage includes mountain or climbing-related accidents above certain elevations and in all countries. Many don't.

CANADIANS: Although residents of Canada are somewhat covered under our medical system, the coverage is not sufficient. Your medical plan will not cover heli costs. Since accidents have a habit of taking place late afternoon with darkness coming on, or we simply need to move FAST for whatever reason, there is a good chance you'll get hit with a heli bill. See below – Canadians are welcome to purchase memberships in the AAC and the insurance they provide will cover these costs.

US CITIZENS: An \$80 membership in the American Alpine Club gives you coverage for this. It's the cheapest and best way to get some insurance for the whole year. Just go ahead and get a membership. It's good to support the club as well.

Contact the American Alpine club at www.americanalpineclub.org TRIP

CANCELLATION INSURANCE: <http://www.lifestylefinancial.ca/wp/>

Package Includes:

- Helicopter flight (return) from the staging area
- All equipment to set up base camp
- All food prepared and cooked by Chef Kelly (Backcountry Bistro)
- Guiding by an ACMG ski Guide and a ACMG/IFMGA Mountain Guide

Transportation and Meeting Place:

Our group will be meeting in Golden at the hanger the morning of departure. At that time, we will go over the equipment check list and you will be required to sign the ACMG waiver, a copy of which will be sent to you prior to the start of the trip.

You will be provided with a participant list prior to the camp. Please use this list to contact other participants in your area if you wish to arrange carpooling.

Health Concern

We will be bringing an extensive medical kit to cover minor injuries and minor medical problems. The kit will not include prescription medicines which are the personal responsibility of the participant. If you feel you would like to bring additional medications, please consult *Medicine for Mountaineering (Fifth Edition)* by James A. Wilkerson, The Mountaineers, 2001. Personal medications may include aspirin or Tylenol and throat lozenges, blister kit and other personal drugs. Some other drugs that you may consider bringing are: Ciprofloxacin (a general antibiotic) and Gravol (for nausea and sleeping aid) . Please consult your doctor on this issue. **Please undertake a full medical examination and dental examination before the camp and start a pre-expedition fitness-training program.**

Base Camp

We will have a dinning tent in which we will be able to dry our gear, and eat our delicious meals cooked by Kelly Chef extraordinaire! A four-season three-person tent is provided for every two persons. If you have your own expedition tent, please let me know.

We will have a kitchen tent and a mega- mid tent for the latrine or us the Outhouses at Applebee.

Equipment

If you have questions about any of the items on the equipment list, please do not hesitate to contact me. I want to make sure that you have all of the necessary equipment, without having too much.

Check that all your equipment is in good working order and fits properly prior to arriving at camp. If you have borrowed or rented gear, it is particularly important to invest some time making sure that it is right for you. Be sure you understand *how* your equipment works. Broken or unsuitable equipment or blisters can potentially ruin your trip of a lifetime! If you are buying new boots before the trip, you should do some skiing in them in advance to break them in. Please also bring a small repair kit that is specific to your gear.

The weather, although generally good in the mountains at this time of year, could be variable and subject to rapid changes. Participants should be prepared for a temperature range of -20C to +10C, along with high winds and blowing snow. Because of warm afternoon temperatures, We may begin early in the morning when temperatures are cold and surfaces are frozen. Sunny afternoon periods will provide the opportunity for washing and drying clothing and gear.

If you require rental equipment, *Mountain Equipment Co-op* across the country rent backcountry gear. Visit www.mec.ca for store locations and phone numbers. In Canmore, *Gear Up* rents a variety of climbing and skiing equipment. For further information and equipment reservations, call (403) 678-1636 between 8:00 a.m. and 7:00 p.m. mountain time. In Calgary, the *Campus Outdoor Centre* at the University of Calgary (403) 220-5038 (open from 8:00 a.m. to 8:00 p.m. MST) rents climbing and backcountry ski gear and accessories.

Personal Equipment List

Personal Clothing

Two sets light weight long underwear-polypro/merino wool & bottom T-shirt or long sleeve shirt (no cotton)

Medium weight fleece sweater layer

Warm fleece jacket and pants Windproof/waterproof (Gore-Tex) shell - jacket and pants

Down (or synthetic) jacket with hood

Down or synthetic pants for camp-not necessary, but nice to have

Ski pants – Schoeller material, nylon or wool blend or cortex style pants

Warm toque

Sun hat with neck and ear protection

Gloves for winter conditions

Glove liners (when above too bulky)

Socks and extras - your preferred combination

Down booties for in camp or snow boots

One duffel bag, **(Small to med size and no wheels)** – lined with plastic bag or waterproof

day pack (35 liters) with side straps for carrying skis

Warm four-season sleeping bag (minimum temperature rating -20°C/ -4°F).

Thermarest **and** Insolite sleeping pad (for extra comfort on the snow)

Small pocket knife

Ski goggles

Sunglasses with UV protection, dark lenses and side shields, nose shield

Sun block and lip protection with + 30 SPF

Personal first aid kit - bandaids, moleskin, medications, throat lozenges, foot powder, etc.

Toilet kit, toothbrush, and camp towel, etc. (toilet paper is supplied)

lunch container/box

Sitpad for dining tent (will be sitting on snow benches): (small piece of single-cell foam will work well)

Large plastic bag to line pack and a few extra garbage bags

Head lamp – spare Batteries

Ski Equipment

Mountaineering skis (short/wide are more stable and turn easier) with alpine touring or telemark bindings w/ski brakes or ankle safety straps

ski boots with warm, removable inner boot (Intuition liners, or Thermoflex liners made with light closed cell foam, form fitted to your feet, are the best. They are very warm, light, and easy to care for.

Poles – adjustable or fixed length

Climbing Skins - full width, properly fitted, and well glued

Repair kit - extra parts and tools that are specific to your gear

Ski Crampons and light weight boot crampons - Get them early if you do not have one. Do not wait for the last minute.

Glacier/Mountaineering Gear

Seat harness adjustable to fit over warm clothes

one locking carabiner and one non-locking carabiners or 1 triple action locking carabiner

Light-weight ski mountaineering ice axe

Avalanche transceiver (457 kHz) with spare batteries

Avalanche probe

Avalanche shovel

Optional

Compass

Pee bottle - for cold nights or storms (very nice to have!!)

Vapor barrier socks or plastic bags (optional)

Journal and reading material

Camera and memory stick

Thermos

Ear plugs

MP3 player

Extra snack food (a few of your personal favorites) Baby-wipes (very, very nice to have!!!)

Some notes on equipment

No 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.

Great Divide Mountaineering will supply general group gear including tents, ropes, first aid kits, stoves/fuel, pots, repair kit, extra technical gear, radio/satellite phone, etc.

Other Useful Information

Do not burden yourself with too much clothing. The environment is all snow and ice so you don't tend to get dirty. Outer clothing should be layered. Full zippered warm-up pants are good for the cold early morning starts and can then easily be removed when the day warms up (or full zippered Gortex pants can add warmth by blocking the wind). A large white long sleeve shirt is a good idea to wear during the intense heat and sun of the afternoons.

If you are not proficient with the gear that you will be bringing on the trip please be sure to get out and practice with it. If you are bringing new skis and ski mountaineering or telemark boots, practice skiing with a pack and climbing with the boots that you will be using at the camp.

We look forward to having you join us on this great adventure. Marco Delesalle

