

5 Day Mountain Skills for Skiers and Snowboarders

Course objectives:

This course is designed for skiers and snowboarders who wish to gain experience and technical expertise in backcountry travel.

This is an opportunity to develop survival skills like snow caving, rope skills and touring techniques.

Skills learned here will enable participants to travel safely in the backcountry, as well as look after others in trouble.

Course content:

- Equipment selection and its proper use
- Ice axe and crampon use
- Rope use including:
 - Abseiling
 - Advanced anchor construction
 - Lowering a person
- Two tool movement
- Steep terrain movement
- Alpine rescue techniques
- Hauling systems
- Risk management
- Weather, route selection and avalanche hazard
- Winter survival and shelters including caves
- Navigation
- Glacier travel

Equipment list:

- Backpack* with pack liner
- Waterproof trousers and jacket
- Snowboard or skis with touring bindings and skins
- Snowshoes or split boards if boarding
- Gaiters
- Layers of thermal clothing
- Hat, gloves – more than one pair
- Sunglasses and suncream
- Sleeping bag
- Compass
- Snow stake*
- Head torch with spare batteries
- Drink bottle – at least 1 litre
- Notebook and pencil
- Camera
- Bivouac bag*
- First aid kit including personal medication and treatments for cuts, blisters and pain
- Personal toiletries, towel, and clothes
- Transceiver, snow shovel and probe*
- Personal climbing equipment including:
 - Ice axe and crampons*
 - Hammer*
 - Climbing* or skiing helmet
 - Climbing harness* with:
 - 4 x screwgate karabiners
 - 4 x snaplink karabiners
 - 1 x belay device – not figure 8 style
 - 3 x prussic cords – 1m, 2m, 3m
 - 1 x 6m cordelette
 - 1 x 5m sling untied
 - 1 x +/- 20cm ice screw

*Equipment is available for hire at Temple Basin. See rental list [HERE](#)

Ropes are provided for this course.

A detailed equipment list is attached [HERE](#)

Participants should be over 18 years of age, of reasonable fitness and skiing or snowboarding ability. If you have some pre-existing condition about which the instructor should be aware in an emergency, it is your responsibility to communicate this. Information such as this will be kept confidential.