



## **Back Country Skills for Skiers and Snowboarders**

This 5-day course is designed for Skiers and boarders who wish to develop their technical expertise for safe backcountry travel.

Some aspects of the course are optional, but the opportunity to learn specific survival skills like snow caving, basic rope skills and touring tricks and techniques.

We aim to provide a course that will equip you to safely tackle the 'Slack Country' as well as beginning to venture into the NZ backcountry scene.

### **Skills List**

- Equipment Selection and its use
- Ice axe & Crampon use
- Basic Rope skills
- Navigation
- Avalanche & Weather awareness
- Route selection
- Abseiling using natural protection
- Ridge travel
- Snow Caving & Survival Techniques
- Basic Rock, Snow and Ice anchors

### **Equipment List**

- Back pack with Pack liner with ski/board attachment points (45-65L)
- Ice Axe & Hammer\*
- Snow stake\*
- Crampons\*
- Rock Climbing Harness with the following\*
  - 4 S/G Carabiners
  - 5 Snap links
  - Belay device (Not Fig8 style)
  - 3 prussic cords (1m/2m/3m)
  - 1x6m Cordelette
  - 1x5m Sling (Un-tied)
  - 1x+/-20cm Ice Screw
- Transceiver, Shovel & Probe\*
- Snow Board or Skis with Touring bindings & Skins
- Snow Shoes (if Boarding)
- Compass (Map optional K33 copy)
- Gloves for snow work & a spare pair
- Polypro gloves
- Helmet (climbing or Skiing)
- Waterproof breathable jacket and pants
- Layers: Thermal clothing that can be varied depending on conditions
- Sun hat & Beanie
- Sun glasses
- Spare change of clothes for the lodge including trainers/slippers
- Sleeping bag
- Bivy bag
- Foam mat/ Therm'A'rest
- Head torch & Spare Batteries
- Personal Medication & First Aid kit & Toiletries inc. Sunscreen!
- Note book & Pencil
- Thermo mug cutlery & plate
- Camera (optional)
- Snow study kit
  - Magnifying lens
  - Thermometer (-15 to +45 oC)
  - Tape measure/Snow ruler
  - Saw

There will also be the need to buy an Avalanche study book to be specified once you have registered for the course.

*\*Most technical equipment can be hired from the NZSSI™ with prior notice*

*\*If you are borrowing or buying crampons ensure that they fit your boots before the course*

*\*Ropes are provided for this course*

**For more detailed information on equipment please look at the detailed equipment notes provided on your booking**

### **Prerequisites**

The participants must be confident on intermediate terrain, and be able to use a rope tow with '**Nutcracker**'.

**Participants should be over 18 years of age, of reasonable fitness and preferable previous tramping experience.**

**If you have any pre existing conditions that the instructor/guide should be aware of in an emergency it is your personal responsibility to inform the instructor/guide.**

**This information is confidential**



Temple Basin

www.nzssi.com  
info@templebasin.co.nz