

Avalanche Awareness

Course Objectives

This course is an ideal introduction for those skiers, snowboarders, climbers or trampers wishing to gain a basic level of understanding about avalanches and safe travel in the mountains.

An awareness of how avalanches are formed, the terrain which is susceptible and safe travel routes will be established. Precautions to take before entering avalanche terrain and actions in the event of an accident will also be covered.

This course is sanctioned by NZ Mountain Safety Council Inc.

Course Content:

- Terrain
- Weather
- Avalanche classification and formation
- Snow pack analysis
- Route finding
- Emergency procedures

Equipment List:

- Backpack* with pack liner
- Waterproof trousers and jacket
- Gaiters
- Layers of thermal clothing
- Hat, gloves – more than one pair
- Sunglasses and suncream
- Sleeping bag
- Compass
- Transceiver, snow shovel and probe*
- Notebook and pencil
- First aid kit including personal medication and treatments for cuts, blisters and pain.
- Head torch with spare batteries
- Drink bottle - at least 1 litre
- Personal toiletries, towel and clothes for use in the lodge.

Desirable items:

- Camera and film

*Equipment can be hired at Temple Basin. Prebooking is essential. See rental list [HERE](#) for details

A more detailed equipment list can be found [HERE](#).

Participants should be over 18 years, of reasonable fitness with some previous tramping experience. If you have any pre existing conditions of which the instructor should be aware in an emergency it is your responsibility to inform. This information will be confidential.