



Avalanche Awareness Course

This 2-day course is designed for Trampers & Climbers who wish to develop their awareness of avalanche phenomenon and it's relevance to travelling in the mountains in winter.

By the end of the course you will have been given an awareness of safe travel and avalanche terrain awareness as well as how avalanches are formed.

This course is not designed to provide anything other than a basic level of skill and a basis for farther training.

Skills List

- What are Avalanches
- Avalanche Terrain Awareness
- Rescue skills
- Weather relevance to Avalanche
- Information gathering for safe trips
- Basic Axe & Crampon Skills

Equipment List

- Back pack with Pack liner (35-45L)
- Ice Axe
- Crampons*
- Transceiver (457Hz), Shovel & Probe*
- Snow Shoes (Optional)
- Compass (Map optional K33 copy)
- Shell Gloves for snow work & a spare pair of liners
- 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/hut shoes
- Sleeping bag
- Thermos
- Head torch & Spare Batteries
- Personal Medication & First Aid kit & Toiletries inc. Sunscreen!
- Note book & Pencil
- Camera (optional)
- Snow study kit (Optional)
 - Magnifying lens
 - Thermometer (-15 to +45 oC)
 - Tape measure/Snow ruler
 - Saw

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

**Avalanche Rescue Equipment can be hires from \$5 P/Day from Bivouac and Mountain Designs Christchurch*

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

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

Participants should be over 18 years of age, of reasonable fitness and preferable pervious 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



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