

Strathcona Mountain Adventures AST1 Course



Thanks for taking an AST 1 Course with SMA. I am looking forward to getting out into the mountains with you, teaching you how to improve confidence in the hills and move around (and in) avalanche terrain with an increased awareness.

The course will start at 9am on the Saturday. Meeting areas are generally decided upon a few days ahead depending on the current snow conditions.

Day 1 will cover some basic equipment use such as beacons, probe, shovel and to give our gear a short practice run before we head out on a longer tour the following day. This day usually consists of the morning in the field with the afternoon and some of the evening in a classroom. Classrooms are usually located in Cumberland or Courtenay depending on availability. That will be announced closer to the start date.

Day 2 Is a full field day where we will be traveling in the hills all day. The objective for this day is to look at real avalanche terrain that relates directly to skiing or splitboard travel. You should be prepared to travel outside all day on day 2.

You will want to make sure that you have all the required gear included in this document. You should also be in the mindset to be moving all day and to travel uphill up to 5km. This allows us to get a look at terrain through the day.

Included in the course is the Avaluator and the avalanche handbook. If you need to borrow an avalanche beacon this is also included. It is recommended to pick up your own gear if you are going to be travelling into the backcountry. If you need gear you can visit SOS gear in Courtenay. They will give you a 10% break on gear when taking one of these courses.

I am looking forward to getting into the mountains with you this winter. In the meantime if you have any questions, concerns or need more information please don't hesitate to email me at vanisleSMA@gmail.com. Better yet, give me a call on the phone: 250 898 3091

Cheers,
Cliff.

Equipment List

** Denotes optional equipment. This gear is nice to bring along if you have it but not necessary to complete the course with. If you have it it's a great opportunity to practice with it.

Touring Equipment:

- ✓ Touring Skis / Snowshoes / Split Board
- ✓ Poles
- ✓ Boots
- ✓ Skins (If using skis or splitboard)
- ✓ Avalanche Transceiver
- ✓ Shovel
- ✓ Avalanche probe
- ✓ Compass with inclinometer**
- ✓ Map**
- ✓ Altimeter**
- ✓ Toilet paper
- ✓ Personal first aid kit (for blisters etc)
- ✓ Lip balm
- ✓ Sun cream
- ✓ Water bottle
- ✓ Lunch
- ✓ Thermos**
- ✓ Sun glasses
- ✓ Ski goggles
- ✓ Appropriate back pack

Clothing

- ✓ Thermal underwear
- ✓ Fleece, wool or pile sweater
- ✓ Warm down or synthetic jacket
- ✓ Insulating layer for legs (Eg. fleece pants)
- ✓ Wind and water proof jacket and pants

- ✓ Gloves or mitts x2
- ✓ Toque

Be sure that the equipment you bring is in good repair and you have checked that ski boots fit the bindings properly. Beacons should have fresh batteries. Make sure that your skins fit prior to the Trip and that they stick well to your skis. Delays due to participants not having their gear set up can be frustrating and takes away from the course for the other people involved. Shared equipment will be organized prior to trip. If there is something on the list you don't have check with us 1st in case we have extra.