

## PeakSTRATAGEM AST – Avalanche Skills Training 2, 29 December 2019 – 5 January 2020<sup>©</sup>

### Course Details

#### Logistics

Course start: 0800h PST 29 December 2019 at the staging area. Please Valkyr Adventures helicopter staging procedure.  
Course end: Time dependant on flights, 5 January 2020 at the staging area.

PeakSTRATAGEM recommends that each individual purchase trip cancellation, medical and evacuation insurance. We work with Lifestyle Financial who can provide you with an economical insurance policy that covers trip cancellation/interruption, evacuation and medical.

For more information contact:

Maria Delaney GBA

LIFESTYLE INSURANCE & BENEFITS BROKERS, 200A- 2928-29th Street, Vernon, BC, V1T 5A6

Ph. 250-542-8577 Mobile 250-308-4688 [www.lifestylefinancial.ca](http://www.lifestylefinancial.ca)

Hilda Hut has satellite access to the internet. As bandwidth is limited, access will also be limited to the instructor team for weather and avalanche forecasts. In case of a family emergency, please provide your emergency contact with our email address [info@peakstratagem.com](mailto:info@peakstratagem.com).

#### Personal Clothing and Equipment

PeakSTRATAGEM recommends the following clothing:

- ☐ Fleece/Wool Hat (that can be worn under a helmet)
- ☐ Buff – optional (for cold and/or sun protection)
- ☐ Synthetic/Wool Baselayer Shirt (like Icebreaker Oasis) ☐ Synthetic/Wool Midlayer Hoody (like BD Factor)
- ☐ Synthetic/Wool Baselayer Pant (like Icebreaker Oasis)
- ☐ Synthetic/Wool Socks (like Icebreaker Hike+ or Ski+ OTC)
- ☐ Softshell Jacket (like BD Dawn Patrol) and ☐ Hardshell Jacket weather (like BD Recon)
- ☐ Hardshell Pants (like BD Recon)
- ☐ Light Insulated Jacket (like BD First Light)
- ☐ Medium or Heavy Insulated Jacket (like BD Belay) ☐ Insulated Pants – optional (like BD Stance)
- ☐ Light Gloves (like BD Tour) ☐ Medium Gloves (like BD Glissade)
- ☐ Heavy Gloves or Mitts (like BD Guide or Mercury)

PeakSTRATAGEM recommends bringing the following resource material that you should have received on your AST1: Avalanche Skills Training Handbook, Floyer/Robine, Avaluator 2.0

The following personal backcountry gear is required:

- ☐ Daypack 35-45L (recommend BD Mission 35)\*
- ☐ Helmet (if skiing/splitboarding)
- ☐ Skis/splitboard w touring bindings (like G3 Ions) ☐ touring boots ☐ poles ☐ skins ☐ ski strap ☐ scraper ☐ skin wax\*\*
- ☐ Beacon w ☐ fresh batteries, ☐ Shovel, ☐ Probe\*\*
- ☐ Fieldbook and ☐ pen or pencil (recommend RiteintheRain Levels no 311, YE99, 93B, PeakSTRATAGEM cover)\*
- Optional: ☐ Snowscreen ☐ Thermometer (recommend Weksler Armoured Thermometer)
- Optional: ☐ Saw (recommend Stihl 33cm pruning saw)
- ☐ Sunglasses ☐ Goggles ☐ Sunscreen ☐ Thermos or Water Bottle w insulated sleeve
- ☐ Headlamp ☐ Small first aid kit with blister kit
- Optional: ☐ Camera ☐ GPS and/or Smartphone ☐ inReach

- ☐ Hut clothing ☐ Hut booties ☐ Bathing suit

\*These items can be coordinated through PeakSTRATAGEM.

\*\* These items are available in Calgary or Canmore for rent.

Please contact us in advance if you do not have your own.



**PeakSTRATAGEM**

PeakStratagem.com  
[info@peakstratagem.com](mailto:info@peakstratagem.com)