



# **BOEALPS**

## **Intro to Backcountry Skiing Seminar**

### **Objective**

The goal of this seminar is to provide intermediate to advanced level skiers an introduction to the equipment, techniques and joys of backcountry skiing. Combined with the Level 1 AIARE Avalanche course, this course is designed to give the lift-serviced resort skier the skills, techniques and confidence to get out into the backcountry on skis on their own. Whether you want to get away from the crowded resort scene, get more untracked powder runs, or use your skis for your winter climb approaches (and descents!), this course will help you take your skiing to exciting new places this winter!

### **Overview**

We will begin with a discussion of the different types of equipment and techniques used in backcountry ski travel. Telemark, alpine touring, and potentially splitboarding will be covered. Skills will be introduced during a weekday lecture and practiced over a one-day weekend outing.

Note: Skills learned in the Avalanche Level 1 course will be utilized and discussed as needed, but this is not an in-depth field course in avalanche skills. Glacier travel and crevasse rescue on skis will not be covered in this course.

### **Cost**

\$35 Members / \$40 Non-members

### **Prerequisites**

- Intermediate skiing ability (comfortable skiing resort “blue”)
- Avalanche awareness and/or AIARE 1 recommended
- BoeAlps BCC or equivalent recommended but not required

### **Required Equipment**

- Avalanche transceiver
- Snow shovel
- Probe

- Skis with alpine touring / telemark bindings or split board. Compatible boots (resort boots only work with frame bindings)
- Climbing skins
- Poles (collapsible poles recommended for split boarders)
- Pack
- Basic first aid kit
- 10 essentials
- Food & water
- Goggles and/or sunglasses
- Map of touring area/navigational tools

### **Gear Rentals**

Avalanche gear (beacon, shovel, probe) can be borrowed from the club gear closet (only a few available) or rented from a local ski/climbing store.

Places to rent gear and equipment, dependent on each store's availability (please check that you have all necessary equipment including skins and poles):

- ProSki and Guide (AT ski package, beacon/shovel/probe)
- Ascent Outdoors (AT ski/boots/poles, splitboard, beacon/shovel/probe)
- Evo (AT ski/boots, splitboard/boots)
- Cripple Creek (AT ski package, splitboard package without boots, beacon/probe/shovel)
- Mountain to Sound Outfitters (AT ski package, beacon/shovel/probe)
- Glacier Ski Shop (by Baker, AT ski package, splitboard package, beacon/probe/shovel)
- REI (Seattle branch has shovel)

### **Clothing Recommendations**

- Synthetic/wool base layer, top and bottom
- Breathable water resistant pants (soft shell pants are ideal)
- Soft shell jacket or mid weight fleece
- Hard shell/wind jacket
- Hard shell pants with full zippers (optional, only needed if stormy weather)
- Down or synthetic insulation layer to fit over other layers for breaks
- Hat
- Helmet (recommended)
- Light weight gloves (for uphill travel)
- Mid weight gloves or mittens (for downhill travel)

## **Seminar Curriculum Details**

### *Seminar Day 1: Basic Skills Lecture*

When: Weekday before the outing

Location: In-person classroom session

Topics Covered:

- Intro to ski touring equipment and gear demo
- Basic travel techniques
- Efficient transitions from uphill to downhill
- Skinning technique (track setting, kick turns, traverses, lifts, etc)
- Downhill technique (skiing one at a time, stopping in safe places, skiing safely)
- Safe travel practices
- Day pack contents
- Clothing selection
- Discussion of current weather and avalanche hazard
- Question and answer session

### *Seminar Day 2: Apply Skills on Extended Tour*

When: Weekend

Location: TBD based on conditions

Topics Covered:

- Discussion of current weather and avalanche hazard
- Discussion of tour selection and route plan for the day – this will be a group exercise
- In-route discussion, practice and reinforcement of skills from day 1
- Practice of safe travel techniques
- Having fun shreddin' the gnar!

For more information and to apply, see <http://boealps.org/seminars/backcountry-ski/>

Please direct any questions to [activities@boealps.org](mailto:activities@boealps.org)