



Boeing Employees Alpine Society

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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. When combined with a Level 1 Avalanche course, this course will 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 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 used 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

Prerequisites

- Intermediate skiing ability
- BoeAlps BCC or equivalent recommended but not required

Required Equipment

- Avalanche beacon
- Snow shovel
- Probe
- Skis with alpine touring/telemark bindings or split board
- Compatible ski boots (your resort boots won't work with AT skis!)
- Climbing skins
- Poles (collapsible poles recommended for splitboarders)
- Pack to hold all of your stuff
- Goggles and/or sunglasses
- Sunscreen
- Food & water
- Headlamp



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- Map of touring area and navigational tools
- Basic first aid supplies

Avalanche gear (beacon, shovel, probe) can be borrowed from the club gear closet or rented from a local climbing store (Second Ascent, etc.). Touring skis, boots, skins, and poles can be rented from some local climbing stores (Second Ascent and possibly others). Splitboards are a little harder to rent but rentals may be available at shops in Glacier and/or North Bend.

Clothing Recommendations

- Synthetic or wool base layer, top and bottom (no cotton)
- Breathable water resistant pants (softshells are ideal)
- Hard shell/wind jacket
- Hard shell pants (only recommended if stormy weather)
- Down or synthetic insulation layer
- Hat
- Wool socks
- Ski rated Helmet
- Light weight gloves (for uphill travel)
- Mid/heavy weight gloves or mittens (for downhill travel)

Seminar Curriculum Details

Seminar Day 1: Basic Skills Lecture

Monday, January 23rd

Location: 2-22 Special Functions room

Topics covered:

- Intro to ski touring equipment
- Gear demos (boots, bindings, skins, lifts, etc)
- Efficient transitions from uphill to downhill
- Day pack contents
- Clothing selection
- Discussion of current weather and avalanche hazard
- Route selection considering tour objective and avalanche hazard
- Safe travel practices
- Skinning technique
- Uphill travel techniques: track setting, kick turns, traverses, lifts, etc
- Downhill techniques: skiing one at a time, stopping in safe places, skiing a slope safely
- Trip/tour planning



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Seminar Day 2: Apply Skills on Extended Tour

Saturday, January 28th

Location: TBD based on conditions and what is planned on Thursday

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!

