



## Avalanche Skills Training Course Information Package

Welcome to the Hyland Backcountry Avalanche Skills Training (AST) program for Winter 2023. AST training is your first step to safely enjoying the backcountry.

Courses usually fill fast, so register early to avoid disappointment. Please read this information package carefully, as you will be bound to the terms within. Please contact us if you need more information.

**Cost:** \$350.00 + GST (\$17.50) = **\$367.50**

**Payment: E-transfer to: [info@hylandbackcountry.ca](mailto:info@hylandbackcountry.ca)**

Upon receipt of your payment, we will send you the classroom, zoom, or online details.

### Schedule

Class: 7 hrs Scheduled Classroom, Zoom or Online formats, depending on course.

Field: 0830 - 1630 Fieldtrip

### Classroom ( HBS will schedule one of the following options)

#### 1. Zoom online platform.

If this is unfamiliar to you, please check out their website <https://zoom.us>

Once your payment has been received, we will send out a Zoom Meeting Invite

- Follow the information in the invite – do this well ahead of time to see the system
- Go online 10 minutes before class
- More info will be sent prior to course

#### 2. Custom Online Course

This is a self-paced, online course students will log into, and complete prior to the pre fieldtrip Zoom session. Give yourself several evenings to complete.

#### 3. Physical Classroom.

Good old face to face learning.

**COVID 19: Should Public Health Restrictions return; we reserve the right to modify course formats**

Hyland Backcountry Services Ltd.  
PO Box 3257  
Smithers, BC  
V0J 2N0  
250-643-0505





## **Recommended Equipment Check List**

### **Clothing**

- Wool and or synthetic socks
- Base Layer top-synthetic, wool or silk
- Base Layer bottoms-synthetic, wool or silk
- Mid-insulation layer top- Pile, synthetic or wool
- Mid-insulation layer bottom- Pile or multi-purpose
- Light wind shell- Windproof, water-resistant, breathable
- Weather layer top-Goretex or other waterproof
- Weather layer pant- Goretex or other waterproof
- Warm outer jacket - Down or synthetic
- Toque - Wool or synthetic
- Light gloves - Wool, synthetic or leather
- Insulated gloves - Wool or synthetic, waterproof outer

### **Travel Equipment ( Course Specific AST Ski or AST Sled)**

- Skis, Skins, Snowshoes, Splitboard ,Repair kit ( any specific parts to your gear)
  
- Snowmobile, Fuel, Helmet, Tow Kit, Repair Kit, Spare Belt

### **Snow Safety Equipment**

- Avalanche Transceiver (Digital Only), shovel, probe

### **Group Equipment ( HBS Provided)**

- Altimeter, map, compass, GPS
- First Aid kit, emergency bivi sac, emergency toboggan
- Group repair kit, may substitute for personal repair kit
- Communications device - VHF Radio, InReach,

### **Personal Equipment**

- Pack - light, comfortable, 30-40 liters
- Sunglasses, goggles, sunscreen, lip cream
- Headlamp, water bottle, thermos
- Lunch - extra food
- Blister kit, pocket knife, personal 1st aid

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