



Avalanche Skills Training Course Information Package

Welcome to the Hyland Backcountry Avalanche Skills Training 2 (AST 2) 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: \$750.00 + GST(\$37.50): **\$787.50**

Payment

We prefer Interact E-Transfer to info@hylandbackcountry.ca. Your spot is reserved when we receive your payment, and we will send you course logistics.

Schedule – this is a full 4 day commitment. Clear your schedule, and have your gear ready!

Day 1

- Classroom : 0800-1100; 1500-1730
- Field: 1100-1500

This is a busy day – ensure your gear/lunch is ready to go direct to the field

Days 2-4

- Field Trips : 0800-1600 +/-
- 1 hr zoom meeting in the evening for planning/debrief

COVID 19: Should Public Health Orders return; we reserve the right to alter course format

Hyland Backcountry Services Ltd.
PO Box 3257
Smithers, BC
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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 bivouac, 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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