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Introductory Scottish Ski Mountaineering – 5 Days

Is It For Me?

This course provides an excellent preparation for ski touring in Scotland. The course aims to demonstrate the full potential of Scottish ski mountaineering over five days. It would also be useful for skiers that are planning to undertake a guided tour of the Alps. This course would be ideal for someone with good level of hill and ski fitness, making a full day touring with a day sack a pleasure. You should have a minimum of two weeks downhill skiing with the ability to descend red runs in control, and be confident on moderate slopes off piste

Aim

The advantage of a five day course is the opportunity to learn and then practice new skills under the watchful eyes of your instructors. Many skills can be taught on the move and we would plan to have a balance of touring days and teaching days.

Course Detail

The actual programme is fairly flexible. After a quick evaluation of the group’s winter skills and ski ability; your instructor will base the week around the topics below, whilst taking into account individual needs, aims, and weather and snow conditions.

Many skills can be taught on the move and we would plan to have a balance of touring and teaching days. Some of the sessions will be based on and off-piste using the Cairngorm ski area.

You will be led through a series of exercises and activities that are designed to help you perform in a variety of snow and terrain. Your instructor will be able to answer all your technical queries and offer you individualised coaching.

The course will use the ski area and therefore you will need to buy a ticket if you do not already have a pass.

Likely content to be chosen from:

- Safe movement on skis over mountainous terrain, personal skiing skills on and off piste, skinning etc
- Technical sessions on winter anchors & belaying, avalanche awareness and transceiver work etc.
- The equally important skill of navigation on skis; route choice, route finding, map and compass work will also be covered.

The course returns to the Lodge each evening

What will I need?

Glenmore Lodge has a large, comprehensive store of up-to-date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity. If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course.



What we can supply?

- ✓ Basic waterproof jackets and trousers
- ✓ Plastic Boots
- ✓ Gaiters
- ✓ Crampons
- ✓ Ice Axes
- ✓ Helmets
- ✓ Day Sac
- ✓ Any technical equipment if applicable such as ropes

For Ski Mountaineering courses

- ✓ Skis with touring bindings
- ✓ Skins and harshiesen
- ✓ Boots
- ✓ Poles
- ✓ Transceiver
- ✓ All winter mountaineering gear as above.

What will you need to bring?

Listed here are the essentials; this is not an exhaustive list.

- ✓ Thermals or suitable under clothing
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof over-trousers or salopettes
- ✓ Hat & balaclava plus spare
- ✓ Mitts & gloves
- ✓ Ski goggles (should have double lens to avoid misting up)
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended
- ✓ Maps and waterproof map case. 1:50,000 map of the Cairngorms
- ✓ Headtorch
- ✓ Rucksack liner
- ✓ Vacuum Flask & Water Bottle
- ✓ Box or bag for packed lunch.
- ✓ Survival Bag - Plastic type
- ✓ Personal toiletries, medications & personal first aid kit (towels are provided)
- ✓ Suncream
- ✓ We have a small pool, sauna, gym & climbing wall - so any relevant kit (including spare towel)

Use of Helmets on Glenmore Lodge Ski Courses

Whilst it is clear that the use of ski helmets does reduce injury in the event of certain accidents, it is not our policy to demand their routine use on our courses. Our courses cover a broad range of skiing activities: piste; off-piste; touring and mountaineering. Within each branch of these sports the current norm for helmet use varies and therefore we would generally leave this decision up to the individual client. Where we feel it appropriate, such as on steep ski clinics, helmets may be mandatory, in which case we will provide them.





Currently on our touring courses, the majority do not wear ski helmets, however some folk choose to. There is a trend towards more people wearing helmets for snowsports, and they are available to hire or buy in all of the valley bases we use.

More detailed information is available from:

[http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/\\$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf](http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf)

Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open. Accommodation on the night before and the nights during your course, pick up from the train station (Friday and Sunday evenings only), breakfast, lunch, cake break and dinner are all included. All transportation on the course, centre facilities & any equipment borrowed are all part of the package.

Useful Books

The ABC's of Avalanche Safety by Sue Ferguson

A respected authority since 1961 updated with the latest in technique and technology. Includes how to determine potential avalanche hazards, travelling safely in avalanche terrain, what to do if you are caught in an avalanche and lots more.

Avalanche by Robert Bolognesi

This little guide will assist those who wish to gain a wider understanding of the phenomenon of avalanches, using objective data, but also using the accounts of witnesses and survivors. It reveals some of the indications which, for those who know how to interpret them, will enable a local assessment of avalanche hazard to be made and a number of pitfalls to be avoided. Finally, it provides some rules of thumb, be it for free-riders, ski tourers, walkers or climbers that will permit safer travel on the mountains

Snow Sense by Jill Fredston & Doug Fessler

Probably the most user-friendly of all the books available on staying safe in avalanche terrain

A Chance in a Million by Barton and Wright

The analysis of UK snow conditions is superb, providing insight into how the climate here affects avalanche formation.

Mountain Navigation by Peter Cliff

This is a first class guide to learning the basics of navigation. The language is easy to follow, being clear and to the point. Clear diagrams give pictorial assistance.



Marmot



teko



PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P EVEN IF YOU DON'T REQUIRE ANY EQUIPMENT FROM US (please note that this is just to give us an idea of sizes of equipment needed, you will still need to collect individual items from stores)

Intro Scottish Ski Mountaineering 5 Day SKI MOUNTAINEERING EQUIPMENT LIST			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Ski Mountaineering Skis: complete with skins and harschiesen	Length:		
Ski Mountaineering Boots	Size:		
Rucksack	50L approx		
Ice Axe (lightweight)	45cm approx		
Crampons with anti-balling plates (to fit your ski mountaineering boots)			
2 Prussic Loops			
2 Screw Gate & 2 Snap Link krabs	HMS		
Harness with adjustable leg loops	Waist size: S M L XL		
Ski Poles	Length:		
Avalanche Transceiver 457 KHZ			
Snow Shovel			
Probe (minimum 2.5m)			
Head Torch (4.5v battery not supplied)			

