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Managing Steeper Terrain – 2 Days

Is It For Me?

These 2 days will focus on how we might better cope with steeper skiing terrain. It will look at ski technique, working on the basics and learning the tactics of how we might better manage steeper ground. Many skiers who have climbing experience long to be able to ski things that are a little steeper and excite them. Equally this course is useful for those who wish to “round up” their general ski abilities to give them a confidence buffer such that they could deal with steeper terrain they might be drawn into in a non planned way.

This course will also look at some associated basic ropework

Pre-requisites

A good level of hill and ski fitness. The ability to descend red/black runs under control and be confident on moderate to steep slopes off piste. You should additionally have 5 days touring experience

Aim

We will build skills over two days. It **may** be appropriate to use the lifts of the ski area. If this is the case you will need to buy a day pass.

Course Detail

We will build the skills necessary for steep ground travel in a logical and staged fashion. The likely content to be chosen from:

- Ski techniques
- Steep ground change over's: skis / crampons / skis
- Group & Personal Management
- Snow anchors and belaying
- Use of a rope: Skiing on a rope; abseiling on skis

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



Marmot®



teko

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.





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)

Managing Steeper Terrain – 2 Days 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)			

