



SNOW CAMPING SEMINAR

Learn skills necessary to safely and comfortably travel and sleep in a winter backcountry environment. This program provides a through introduction to winter backcountry skills including avalanche awareness, campsite selection and construction, emergency shelters, route selection, snow traveling skills and backcountry cuisine. Mode of travel can be either backcountry skis or snowshoes. Skiers ability levels should be at least strong intermediate at the ski resort.

ITINERARY:

Day 1 meets at the MAS office for introductions and group packing. Backpacks will be checked for packing efficiency and that everybody has the appropriate gear. A short 3 mile carpool will deposit the group at the Lake Alpine Snowpark. From here we will enter the non-motorized "Near Natural" areas of Poison Canyon & Round Valley. Depending on the conditions we seek a safe and scenic snowcamping site. After establishing camp the group will hike and/or ski up on some of the ridges to enjoy the afternoon. Upon returning to camp it will be time to start getting dinner ready. As the day winds down we will enjoy a well deserved backcountry dinner before settling into our sleeping bags for the night. MAS guides will make sure everybody is prepared for a comfortable night.

Day 2 will start early with warm drinks and breakfast. Then its back on the ridges to explore further. Along the way your guides will help introduce avalanche avoidance skills and efficient travel techniques. Additional topics of emergency shelters and route finding will be incorporated as the terrain and pace dictates. Then after lunch we will start to break down our basecamp and prepare our backpacks for the return trip to the cars. Once at the cars we will return to the MAS office to reflect on the adventure and return group gear.

LOCATION:

Bear Valley, CA (elevation 7093 ft.) in the central Sierra between Tahoe and Yosemite approximately 2 hours east of Stockton along Highway 4.

PREREQUISITES:

Good physical fitness and previous overnight backpacking experience.

COURSE OBJECTIVES:

- Develop skills for comfortable and safe winter snow camping.
- Learn about winter route finding and safe snow travel in regards to avalanche avoidance.
- Practice backcountry skills of melting snow, cooking and sleeping comfortably.
- Enjoy the beauty of a High Sierra Winter.

MEETING TIME & PLACE:

The course starts at 9 AM on day 1 at the MAS office in Bear Valley. You can expect the course to be finished on day two between 3-4 PM.

LODGING OPTIONS

Although MAS does not provide lodging here are some options and discounts:

Bear Valley Lodge: 10% off while taking an MAS course + 10% AAA discount (20% total)

(209) 753-2327 • www.bearvalleylodge.com

Bear Valley Vacation Rentals: Condo and house rentals in the Bear Valley Village

(209) 753-2334 • www.bearvalleyvacationrentals.com

Dorrington & Arnold Lodges: 30 minutes driving time from Bear Valley (slightly more affordable)

www.bearvalley.com/plan/lodging/lodges.asp

• **EQUIPMENT LIST ON REVERSE SIDE** •

SNOW CAMPING SEMINAR EQUIPMENT LIST

Please try to pack light and compact. Be prepared to save some room in your backpack for group gear (approximately the size of a basketball). If you have any questions about equipment on this list please don't hesitate to [contact](#) the MAS office.

GEAR

- Poles*: telescoping type are the best, but regular ski poles will do. Available to rent through MAS (\$5/day)
- Backpack*: internal frame preferred; 3500-4500 cubic inches
- Sleeping bag*: down or synthetic mummy bag rated to 20°F or colder.
- Full Length Sleeping pad* Available to rent through MAS (\$5/night)

SKIERS:

- Skis*: metal edged and waxable skis required
- Bindings*: either 3-pin, cable, or randoneé. Make sure bindings are secure and boots fit properly.
- Climbing skins*: close to the width of the skis' waist. Make sure glue is in good shape. (Available for rent at MAS for \$5/day. Advanced reservations required).
- Boots*: stiff high top leather or plastic boots in good condition and waterproof

SNOWSHOERS:

- Good winter backcountry hiking boots that are waterproof. Snowboard boots also work well as they are waterproof and well insulated.
- Snowshoes : Available to rent through MAS (\$5/day)

CLOTHING:

- 1 pair heavier synthetic or wool blend socks, hiking style.
- 1 pair synthetic liner socks (optional)
- Gaiters depend on your boot system. If in doubt, please ask.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight.
- Warm shirt: expedition polypropylene or light fleece type.
- Fleece jacket or equivalent.
- Light down or synthetic fill jacket. This item would replace above item.
- Good quality snow/rain/wind jacket and pants. Jacket should have a hood.
- Warm hat & Warm winter gloves
- Sun hat & bandana (optional)
- Spring gloves (optional)
- Neck gaiter or balaclava (optional)

ETC...

- Sunglasses & Goggles
- Tooth brush, personal medications and basic first aid supplies you might need (e.g. moleskin, ibuprofen)
- Heavy-duty sunscreen and lip protection
- Two 1-liter plastic water bottles (wide-mouth preferred)
- Headlamp with extra batteries and bulb.
- Camera and film (optional)
- Plastic spoon, bowl and insulated cup (MAS will provide if needed)
- Three lunches, snacks and breakfast for the first morning

M.A.S. PROVIDES:

- Four-season dome tents
- One backcountry breakfast & dinner
- All climbing gear necessary
- Permits and guiding fees
- All cooking supplies
- First aid kit, repair and contingency supplies
- Professional guiding and instruction

* gear rentable at a mountaineering shop

