



Objective:	Mount Athabasca Summit, Glacier Travel
BanffLIFE Contact:	Michelle Backhouse w-760-2423 banfflife@banff.ca
ACMG Guide:	Mark Klassen
Departure time:	8:00 am
Departure location:	Town Hall 110 Bear Street
Return time:	Depends on group level
Return location:	Town Hall 110 Bear Street
Transportation:	12-passenger van
Equipment:	Please see the gear list at the end of this document
Food:	Please provide snacks, lunch and water

Description

This course is designed to provide an introduction to glacier travel. We base at the Columbia Icefields campground where there is easy access to glaciers. On day 1 - we travel to the icefields and familiarize ourselves with our climbing equipment and discuss basic glacier travel skills. Day 2 - we climb one of the peaks in the area. No Previous experience is required

Safety

Safety is our first priority on all *BanffLIFE* trips and courses. Instructors on all trips have appropriate certification and are members of the *Association of Canadian Mountain Guides*. These guides have gone through a rigorous training and certification process to ensure the trip is as safe as possible. Please listen and pay attention to the guides and follow their instructions.

Risk

All hiking, climbing, mountaineering and skiing activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and release the guides and *BanffLIFE* of all liability in case of an accident.

A Little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km² of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As members of the Banff community, you are about to embark on your very own Banff National Park adventure. *BanffLIFE* is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!



Equipment 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 (fleece), light synthetic fill or wool sweater/jacket
- Mid-Insulation Layer Bottom - Pile pants or multipurpose pants
- Light Wind Shell - Windproof, water resistant layer for high aerobic work
- Weather Layer Top - Gore-Tex or other waterproof breathable jacket
- Weather Layer Pants - Gore-Tex or other waterproof breathable pants
- Warm Outer Jacket - Down or synthetic
- Toque - Wool or Synthetic
- Brimmed Cap - Preferably wool or synthetic but cotton will do if other unavailable
- Face Warmer - Scarf, neck tube, face mask
- Light Gloves - Wool, synthetic or leather
- Insulated Gloves or Mitts - Wool or synthetic, w/ weather proof outer shell
- Gaiters
- Boots - A warm, water resistant boot (leather preferred) with ankle support is required; a boot with a rear welt is best. Boots may be rented at Mountain Magic in Banff or Wilson Sports in Lake Louise

Personal Equipment

- Sunglasses
- Goggles
- Sun and Lip Cream
- Head Lamp
- Insulated Water Bottle or Thermos
- Blister Kit
- Pocket Knife
- Camera – Optional

Personal

- | | |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Large Pack | <input type="checkbox"/> Camp Shoes |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Headlamp - spare batteries and bulb |
| <input type="checkbox"/> Sleeping Pad and/or Thermarest | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Extra Clothing | <input type="checkbox"/> Reading Material - optional |
| <input type="checkbox"/> Eating Bowl, Cup and Utensils | <input type="checkbox"/> Tent |
| <input type="checkbox"/> Wash Kit - soap, towel, brush, toothbrush, paste, shaving kit | |
| <input type="checkbox"/> Insect Repellent – optional | |
| <input type="checkbox"/> Ear Plugs | <input type="checkbox"/> Personal Medicinal Drugs |



FOOD

You need to provide the following:

- You need a thermos and/or water bottle that is large enough to get you through the day, most people prefer about 1.5 L.
- 2 days of personal lunches and snacks (to be eaten on the go, in the hills)
Don't leave first day's lunch in the fridge! Bring convenient, light weight, high energy food items such as: bagels, sausage, peanuts, cheese, energy bars, chocolate bars, beef jerky, etc...
- 2 days of personal breakfast
Bring a quick, fast, warm breakfast such as: instant oatmeal, soup, cream of Wheat, or scrambled eggs (in a plastic bottle), etc...
- **1 Group Dinner** (to be eaten in the camp)

Your group meal contribution

Your group will be responsible for contacting the other team members and creating a GROUP Dinner, the group dinner must include a meal for your guide and must cater to all food requirements and allergies of the group. You are also required to help with preparing, serving and cleaning up after the group dinner. The dinner should include an **appetizer**, a **soup**, a **main course**, a **dessert**, and **hot drinks**.

***Important Food Planning Notes** (allergies, vegetarians, dislikes, requests, etc.)*