



# WINTER TRAVEL 25

Post-Immersion (Teacher's Version)



**MARMOT BASIN**  
JASPER-CANADIAN ROCKIES

**Winter Travel 25**  
**Post- Immersion**  
**Assignment#1: Winter Backcountry Checklist**  
1 hour

Teacher should divide the class into four groups for this brainstorming activity. At the end, each group can present one part of the checklist to the class, with an opportunity for discussion.

**Instructions:** Develop a checklist that outlines the considerations and equipment you need before a day of skiing in the backcountry. At the end of the session, your group will present one part of the checklist to the class and discuss items that other groups may have on their lists.

Your checklist should include 4 parts:

1. **What human factors should you consider when travelling with a group, and how might they influence your group's decision making and behaviours?**

Student's answers should incorporate ideas about group dynamics and difficulties with decision-making that may come from a group with mixed personalities, goals and abilities. Some examples:

- How much backcountry experience do group members have and are they honest about their skill-level?
- What are the abilities of each group member in terms of fitness and goals?
- How comfortable is each group member with decision-making and taking risks? Are you comfortable letting others decide for you, or making decisions for others that could result in injury or death?
- Are group members very goal-oriented, or willing to turn back if conditions change?
- Are people afraid to speak up if it goes against the group?
- Are people showing off for cameras or each other?

**2. Create an equipment list that includes essential gear and clothing, as well as other items you might want to bring with you.**

<p><b>Clothing</b></p> <ul style="list-style-type: none"> <li>- Long underwear top/bottom</li> <li>- Insulating top (synthetic)</li> <li>- Warm hat and gloves/mittens</li> <li>- Outer shell top and pants</li> <li>- Synthetic outer socks with wicking liner socks</li> </ul>	<p><b>Snow Gear</b></p> <ul style="list-style-type: none"> <li>- <u>Avalanche transceiver, probe and shovel</u></li> <li>- Backcountry Skis or Snowboard</li> <li>- Boots</li> <li>- Poles</li> <li>- Climbing Skins or snowshoes</li> <li>- Ski Repair kit (with spare binding parts, tools)</li> <li>- Daypack</li> </ul>
<p><b>Other essentials</b></p> <ul style="list-style-type: none"> <li>- Compass and topo map</li> <li>- Food</li> <li>- Waterproof matches/lighter, firestarter</li> <li>- Headlamp, extra batteries</li> <li>- First Aid kit with emergency blanket</li> <li>- Signalling whistle/mirror</li> <li>- Sunglasses, goggles</li> <li>- Sunscreen &amp; lip balm</li> <li>- Water, tea</li> <li>- Toilet paper</li> <li>- Knife</li> <li>- Trip plan (left with friend)</li> </ul>	<p><b>Optional Items</b></p> <ul style="list-style-type: none"> <li>- Snow kit (crystal card, loupe, thermometer)</li> <li>- Camera</li> <li>- GPS</li> <li>- Altimeter</li> <li>- Binoculars</li> <li>- Notebook and pencil</li> </ul>

**3. Assume you are leaving tomorrow for a three day ski trip in Jasper National Park. Using the internet, find local weather reports and avalanche forecast for your trip. Do these reports contain any significant information that make you rethink your plans?**

- Weather forecast: anticipated heavy snowfalls, rain and wind have the potential for increasing avalanche danger, as well as making travel and camping miserable.
- Avalanche bulletins forecasting HIGH danger should be taken seriously as a “no-go” option. Any information written in BOLD lettering on the forecast should receive special attention from travellers. For danger ratings of considerable, extra caution should be taken in avalanche terrain. LOW and MODERATE deserves normal caution when travelling. The SYNOPSIS portion of the bulletin discusses current conditions and mentions areas to avoid. The OUTLOOK provides information on expected changes in the next few days and TRAVEL CONDITIONS can give you an idea whether ski travel is good or miserable.

**4. Create a sample trip plan that you might leave with a friend or parent in case of emergency. Be sure to include all the information you think might be important in helping rescuers find you if something goes wrong.**

- Trip leader's name and contact information
- Names of other group members
- Important medical considerations in the group
- Vehicle descriptions and licence plate numbers
- Trip objectives and route plan (a map is great too)
- Alternative objectives or routes
- Equipment carried by group members (ie: everyone with beacons, shovel, probe? Skis, snowboards or snowshoes? Plenty of food? Warm clothing? Repair and first aid kits? Communication devices?)
- Expected time to be out of backcountry and in contact
- Who to call and phone number in case party is overdue

**Winter Travel 25**  
**Post- Immersion**  
**Assignment#2: Avalanche Safety Poster**  
**2 hours**

Create a poster aimed at youth aged 15-18, depicting one of the following themes that were covered during your course.

- Recipe for an Avalanche (snowpack, slope etc)
- Avalanche Bulletins
- Recognizing Avalanche Terrain
- Caught in an Avalanche
- Companion Rescue

You should work in teams of two.

Posters should be no larger than 11x18.

Posters must include at least one photo taken during your winter travel course, but can also include hand-drawn or computer designed elements.

Completed posters will be hung at the Marmot Learning Center and will be submitted to the Canadian Avalanche Centre, to possibly be used on their educational website.