Backcountry Skiing
Information Sheet
Section 1, 2, 3, or 4

This document outlines the basic information regarding the trip. More details regarding the trip may be provided or changed at the Pre-Trip Meeting. If you have further questions after reading this document, please see “Contact Information” below.

NOTE: This is NOT a Learn-to-Ski program. Participants must have advanced skiing ability equivalent to “blue/black” runs at a downhill ski resort. If you have questions, please contact the Assistant Director (contact info at the end).

Program Description:
Fresh snow, no crowds, and endless lines – sounds like backcountry skiing! Our backcountry skiing class will take you to beautiful Cameron Pass up Poudre Canyon to learn the basics of backcountry skiing and avalanche safety including route selection, avalanche awareness, and local places to ski. This trip is designed for people who have skiing or snowboarding experience and would like to take their skills to the backcountry. All ski and avalanche gear will be provided.

Mandatory Pre-Trip Meeting:
All participants in the Backcountry Skiing trip must attend a mandatory pre-trip meeting. The date and time of this meeting will be determined by the instructors and announced the week leading up to the trip. During this time important information will be discussed, boots and skis will be fitted and you will have a chance to meet your Trip Instructors and fellow participants, as well as ask any questions. In addition, there will be a presentation on VERY important avalanche safety. If you cannot attend this meeting, please contact the Outdoor Program (campusrec_op@mail.colostate.edu) as soon as possible.

*IMPORTANT NOTICE*
By signing up for our trips, you have made a commitment to Colorado State University to attend any meetings scheduled by your trip instructor, as well as a commitment to show up for the trip itself. Your attendance is mandatory. If you fail to communicate or not show up, your trip instructor has permission to fill your spot on the trip with someone on the waitlist.

Basic Itinerary:
The group will meet at the Student Rec Center and depart at 7:00 AM. The group will return no later than 7:00 PM.

Meals & Food:
The Outdoor Program does not provide food on day trips. Participants should plan their food and nutrition needs in advance – high calorie foods and snacks are encouraged (bars, jerky, etc). Don’t forget to bring at least two liters of water and/or a thermos.

Refund Policy:
Participants withdrawing 10 days before the course start date are eligible for a refund subject to a $5.00 processing fee. Participants wanting to transfer courses should contact the Coordinator – Climbing Wall/Outdoor Program. Full refunds will be granted if the course is canceled due to weather, objective hazard, or low enrollment.

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Drugs and Alcohol:
Drugs are never allowed on OP trips. Being under the influence of any drug or alcohol is prohibited. Alcohol is not allowed on any OP trip in the field and/or transported to the venue. Participants caught using or being under the influence of drugs or alcohol may be reported to the Office of Student Conduct.

Electronic devices:
As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones should be limited to picture taking and essential communication. If you have any questions about this policy please discuss this with your Trip Instructor.

Equipment Checklist:
This list is a handy reference guide concerning what gear to bring for the trip. Please pack accordingly to suit your needs. Clothing, sundries, and Optional gear is your responsibility to secure. If you have any further questions, contact your Trip Instructors. Food is not provided with this trip.

Equipment provided by the Outdoor Program
- Alpine Touring skis/bindings. Participants with own gear may get approval from the instructor for use.
- Ski Poles
- Alpine Touring Ski Boots
- Climbing Skins for skis
- Avalanche Rescue Equipment (Beacon, Shovel, & Probe)

Clothing
- Base Layers - Lightweight Long Underwear tops and bottoms (wool or synthetic)
- Ski jacket
- Ski pants
- Fleece sweater or equivalent (NO COTTON!)
- Stocking cap
- Ski Helmet
- Gloves or mittens (preferably both)
- 2 pair socks that work with your ski boots (heavy wool or synthetic) (bring these to the pre-trip meeting to try on boots)
- Face mask/buff (optional)
- Lunch food for a long day trip. Consider high-calorie, easy-to-eat foods such as food bars, jerky, etc.
- Water bottles, minimum 2 liters. (Avoid Camelbak or similar bladders as the bite valves can quickly freeze.)
- Day pack large enough for all of above (35L)

Sundries and Optional Gear
- Sunscreen (the stronger the better)
- Lip balm w/SPF sun protection
- Hand sanitizer (small amount)
- Feminine hygiene products w/plastic bag for disposal
- Toilet paper (consider natural options, these will be discussed at the pre-trip meeting)
- Sunglasses or ski goggles
- Camera (optional)
Important Information for Participants:

**Inclusivity Statement**
The Outdoor Program in Campus Recreation is dedicated to creating a welcoming and inclusive environment for participants of all ability levels. It is our goal to provide support, assistance, and accommodation whenever possible to allow everyone to participate in Outdoor Program activities. Please contact Outdoor Program Assistant Director Rodney Ley at rodney.ley@colostate.edu at the time of your registration to discuss options.

**Pre-trip meetings and safety**
Our pre-trip meetings are designed to help you understand the physical activity involved and some of the potential risks and considerations of which you need to be aware. It is extremely important that you understand what is involved with your participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the Trip Instructor prior to the departure of the trip. It is your responsibility to make sure you get all the information and your personal equipment before the trip departs. If at the end of the pre-trip meeting you decide that the trip is not appropriate for you, please contact a Trip Instructor to discuss your options.

**Our expectations of you as a participant**
As a participant in our outings, you are expected to help out in such areas as setting up camp, cooking, and cleaning. If you are unfamiliar with how to perform these tasks, that’s okay, we are happy to help you learn. Beyond helping out, it is imperative that you listen and pay attention to the Trip Instructor(s) at all times. It is understood that everyone plays a role in safety, for your own safety for the safety other participants.

**Environmental impact**
On our outings we use a variety of public lands; therefore, it is important to not only minimize our physical impacts, it is also important to minimize impacts on other users. The Outdoor Program strictly follows the seven practices and principals of ‘Leave No Trace.’ We expect that all participants on our outings will do the same.

**Health considerations and physical preparedness**
Please inquire with us if you are concerned at all about not being physically prepared, we can help clarify the activity level that may be involved in our outings. If you have a health condition that may affect your participation please contact your health professional for specific advice. It is essential that we fully understand the effect any health condition or medication may have on your participation. Please tell your Trip Instructor(s) about any condition that may affect your participation in the trip.

**Contact Information**
Questions regarding the trip can be directed to:

Rodney Ley, Assistant Director – Outdoor Program
Rodney.Ley@colostate.edu
970-491-0964

OR

Andy Nelson, Coordinator – Climbing Wall/Outdoor Program
Andy.Nelson@colostate.edu
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