



## **Backcountry Ski Camp Daily Schedule**

### **March 21st Sunday**

- 5:00pm MTN TIME - Zoom Backcountry Ski Camp Meeting -What to expect and how to prepare

### **March 25th Thursday**

- Arrive to Ketchum, Idaho
- 5:00pm Zoom Orientation & Gear Check -packing and preparation (what we carry, how to pack efficiently)

### **March 26th Friday**

#### **Morning**

- **Meeting Time TBD** - Parents meet at designated location in Ketchum and caravan to trailhead in the Sawtooth Range
- Trailhead checks and introductions - How to use your backcountry gear
- How to stay organized with your gear in the backcountry (theme throughout the camp)
- Basics of ascending technique (observe terrain, introduce skinning & backcountry setup). Ski!

#### **Afternoon**

- Expectations of the weekend (goals, backgrounds, team-building)
- Intro to basic avalanche awareness concepts, ski!
- Intro to Avalanche Rescue Gear (avalanche transceivers, shovels & probes How to!) (group exercise/clinic)
- Rescue practice
- 4:00pm - Parent pick up at trailhead

### **March 27th Saturday**

- **Meeting Time TBD** - Parents meet at designated location in Ketchum and caravan to trailhead in the Sawtooth Range
- Making a tour plan (group management, goals, terrain)
- All day in field (visual clues, red flags, intro to terrain management)
- Ascending progression (kick turns, track angle, sidehilling, breaking trail). Ski!

### **Afternoon**

- Lunch discussion about objective hazards and backcountry decision-making.
- Daily Debrief - observations/lessons, learned/questions, ski!
- 4pm - Parent pick up at trailhead

### **March 28th Sunday**

#### **Morning**

- **Meeting Time TBD** - Parents meet at designated location in Ketchum and caravan to trailhead in the Sawtooth Range
- Review of previous day (group discussion)
- Decision making and exercise i.e. heuristic traps and teamwork
- Tour plan – choose options for day based on conditions, forecast, group members

#### **Afternoon**

- Ski! Ski! Ski!
- Debrief camp, highs, lows, and overall learning moments
- 4:00pm - Parent pick up at trailhead and goodbyes