



## **Montana Backcountry Ski Camp Daily Schedule**

### **March 11th Friday**

#### **Morning**

- Arrival to Cooke City at 8:00am
- Gear Orientation & Introductions
- 2.5 mile skin to the Woody Creek Cabin

#### **Afternoon**

- Lunch and intro to terrain management
- Team orientation on the Wood Creek Cabin & backcountry living, ski based on camper energy
- Team dinner and touring plan- choose options for day based on conditions, forecast, group members, expectations of the weekend (goals, backgrounds, team-building)

### **March 12th Saturday**

#### **Morning**

- Depart Woody Creek Cabin at 8:00am
- Touring location TBD \*Our plan for the day will be dependent on conditions
- 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). Skiing!

#### **Afternoon**

- Intro to basic avalanche awareness concepts, ski!
- Intro to Avalanche Rescue Gear (avalanche transceivers, shovels & probes How to!) (group exercise/clinic)
- Decision making and exercise i.e. heuristic traps and teamwork
- Rescue practice and games
- 4:00pm - Return to cabin for dinner/debrief & team prep for the next day

### **March 13th Sunday**

- Depart lodge 8:00am

- How to make a tour plan (group management, goals, terrain), review of previous day (group discussion)
- Ascending progression (kick turns, track angle, sidehilling, breaking trail).

#### **Afternoon**

- Lunch discussion about objective hazards and backcountry decision-making.
- Daily Debrief - observations/lessons, learned/questions, ski, ski, ski!
- Ski out of Woody Creek Cabin
- 4:00pm Goodbyes & Parent pick up in Cooke City, MT