



Acadia Mountain Guides Climbing School

*AMGA and PCIA accredited climbing school!
Directed by internationally licensed IFMGA guide.*

Information Packet For Level 1 Avalanche Course

Location and Dates: Acadia Mountain Guides Climbing School is offering the AIARE Level 1 Avalanche courses as follows:

Description: This introductory course is a must for all who travel into the mountains in winter and will help you to understand safe winter travel. It is also a great tune up for winter travelers who have some experience or prior training. Snowboarders, skiers, snowmobilers, snowshoers, and mountaineers will learn the basics of avalanche hazard formation through the relationships of terrain, snowpack, weather and people. Participants will learn about interpreting forecasts, trip planning considerations, route selection, travel techniques, tour planning, educated decision making, and search and rescue skills including use of transceivers and probes. The course combines classroom skills with field time to help you to answer these questions: Where is the danger? When is it dangerous? Should we go on? What do I do if caught?

This course will begin in the classroom, utilizing slides and demonstrations to learn about tour planning what creates an avalanche prone slope, where they will occur, and how we can identify them. After that we will head outside onto the snow to begin work with on rescue skills and use of avalanche transceivers. The final day will consist of more transceiver work, as well as a backcountry tour focused on identifying avalanche terrain, digging test pits, and developing basic tools to make smart route finding decisions. All avalanche-specific equipment is provided (transceivers, shovels, probes). **If you plan on climbing on glaciated or snow-covered high peaks, this course is a must do!** (approximately 20 hours).

Meeting Locations for various courses:

This course will meet from 5:00-9:00 pm on Friday, Feb. 19 at 92 Main Street, Orono, Maine 04473. We will depart Orono on Saturday morning at 6:00 am for Baxter State Park. We will return to Orono at approx. 6:00 pm on Sunday, Feb. 21st

Lodging & Meals: It's difficult to enjoy winter travel if you are cold. As important as it is to have appropriate gear, its also important to have large quantities of good fuel for your body. Friday night will be a classroom session so please plan to eat before or after class. For Saturday & Sunday please bring meals that are easy to prepare, e.g., things that require just quick heating, or boiling water. Stove, pots & pans will be provided. You just need to bring a plate or bowl, fork, spoon & a drinking cup. For lunches pack snack foods high in sugar and or fat. GU, M&Ms, Slim Jims, Cliff Bars, Snickers, anything you personally enjoy to keep the furnace burning all day. You are welcome to team up with others for meal preparation.

Night 1: You're welcome to stay at our hostel Location in Orono, however, we only have beds for 3 so bring your sleeping bag & pad. If you prefer, there are abundant lodging options in the Bangor/Orono area as well.

Within Baxter (Night 2): Courtesy of Baxter State Park, we will be staying in the Crew Camp at Chimney Pond and you simply need a 20 degree F sleeping bag. The bunks have mattresses - no pad is needed.

Transportation / Terrain Access: Participants are responsible for travel - carpooling can be arranged on your own, or Friday night in Orono. We will meet at Abol Bridge Parking Lot @ 8:00 am and be transported by Snowmobile to Roaring Brook Campground (approx. 13 miles). Please have very warm clothing readily available for this leg of the trip, including face & hand protection. From Roaring Brook Campground we will travel on foot to Chimney Pond (3.5 miles). You're welcome to ski (skins required), snowshoe, walk or crawl - as you desire. While at Chimney Pond, snowshoes or skis will be required.

Students must have the physical ability to travel in avalanche terrain and hike 5 – 6 miles round trip if needed.

About AIARE: AIARE courses are recognized across the country and are consistent with the international standards and recording methods. AIARE instructors participate in annual training and network continuously with each other to learn about the latest information in avalanche science. Courses flow sequentially from Level 1 to Level 3 regardless of where you take your class. AIARE courses teach you a way of thinking about snow travel rather than a protocol based approach to learning.

Instructor(s) / Credentials: Jon Tierney is an internationally licensed IFMGA guide and an AIARE Level 2 Instructor. With a passion for rock, snow, and ice, Jon's accomplishments as a climber and guide include over fifty high altitude peaks as well as difficult first ascent rock and ice climbs and hundreds of multi-pitch rock and alpine routes throughout the Americas. He has been a wilderness

**Acadia Mountain Guides Climbing School. Visit us at Alpenglow Adventure Sports
92 Main Street • Orono • 207-866-7562 • climb@acadiamountainguides.com
AcadiaMountainGuides.com**

educator for 20 years and teaches courses in avalanche science, wilderness travel, mountaineering, and technical rescue as well as wilderness medicine. He owns Acadia Mountain Guides Climbing School. Jon began exploring outdoors and climbing in the mid 70s. His first expedition was hiking the Long Trail with a fellow 8th grader. Formerly he worked as a climbing and backcountry ranger at Rocky Mountain National park where he helped institute wilderness medical practices, and he has served as a search and rescue volunteer on North America's highest peak - Denali. Jon has experience in a variety of snowpacks and he strives to synthesize good concepts, challenge usual paradigms, and develop new ideas to raise guiding, wilderness medicine and wilderness leadership standards.

Fees, Registration and Cancellations: \$290.00. Space is limited so register early to guarantee a spot and to help insure course runs. Late registrations will be taken up to 10 days in advance (for Baxter Avalanche courses). Contact Acadia Mountain Guides Climbing School, 92 Main St., Orono, 207-866-7562 or the course host if specified. A 50% deposit is required for registration. Balance due three weeks (21 days) before the beginning of program. Fifty percent (50%) of deposit is refundable if cancellation is made more than 21 days in advance. Cancellations made within twenty-one (21) days of program forfeit full tuition rate. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course. There is a \$20.00 fee for returned checks.

Risk and Rescue: Enjoying the outdoors necessitates a certain degree of risk-taking. You are participating in this trip and entering the winter backcountry environment at your own risk. Ultimately, it is your responsibility to minimize various hazards through the application of good judgment gained from a foundation of education and experience. Some of the hazards that can lead to injury associated with this trip include but are not limited to extreme cold, demanding physical travel, avalanche, vehicle transportation, skiing and camping. Please be sure that you are fully aware of such risks. Self-reliance in the face of adversity is expected on the part of the wilderness traveller entering the wilderness. Cellular phones and radios should not be relied upon in an emergency. While most risks cannot be completely eliminated, it is our goal to interpret the environmental, situational and group variables and to make educated decisions to minimize dangers to you while at the same time providing an enjoyable and memorable experience.

Personal Equipment Checklist – Avalanche Course * = rental available

Please dress in layers and it is very important that you pack as lightly and compactly as possible.

Wicking layer - moisture transport and high insulative value (ie. Polypropylene, Comfortrel, Capilene - buy recycled if you can)

- | | | |
|--------------------------------|---------------------------------|---|
| <input type="checkbox"/> socks | <input type="checkbox"/> gloves | <input type="checkbox"/> Vapor barrier socks (optional) |
| <input type="checkbox"/> shirt | <input type="checkbox"/> pants | |

Insulating layer: recommended material: any type of pile (ie. Polartec) or wool is recommended. Cotton is not recommended as it is not thermally efficient when wet.

- | | |
|--|---|
| <input type="checkbox"/> hat covering your whole head | <input type="checkbox"/> balaclava or neck warmer |
| <input type="checkbox"/> medium weight jacket / vest is nice too | <input type="checkbox"/> heavyweight jacket (down or synthetic) |
| <input type="checkbox"/> heavy socks | <input type="checkbox"/> Mittens |
| <input type="checkbox"/> medium weight gloves | <input type="checkbox"/> pants with side zips preferred |

Weather layer: recommended materials: sturdy rubberized rainwear in conjunction with lightweight nylon wind wear or a waterproof /breathable fabric such as Gore-tex, Triple Point, etc.

- | | |
|---|--|
| <input type="checkbox"/> jacket (with hood) and pants (side zips are helpful) | <input type="checkbox"/> 1 pair over mitts |
| <input type="checkbox"/> 1 pr. gaiters | <input type="checkbox"/> Goggles |
- Footwear: double boots or equivalent * collapsible poles (optional) *

Safety Equipment:

- | | |
|--|--|
| <input type="checkbox"/> collapsible shovel (provided, but if you have one, bring it) | |
| <input type="checkbox"/> avalanche transceiver (457 kHz) (provided, but if you have one, bring it) | |
| <input type="checkbox"/> avalanche probe (provided, but if you have one, bring it) | |

Observation Equipment:

- | | |
|---|---------------------------------|
| <input type="checkbox"/> Field notebook | <input type="checkbox"/> pencil |
|---|---------------------------------|

Other:

- | | |
|--|---|
| <input type="checkbox"/> pack (large enough for all equipment) | <input type="checkbox"/> Sunscreen and lip protection |
| <input type="checkbox"/> Skis & poles / Snowshoes & poles (as desired) | |

Sleeping:

- | | |
|---|--------------------------|
| <input type="checkbox"/> 20 degree sleeping bag | <input type="checkbox"/> |
|---|--------------------------|

Gear Discount

You are entitled to a 10% discount coupon on all present and future purchases at Alpenglow Adventure Sports, our retail store (online at AlpenglowGear.com) including course supplies and texts. Participants also receive a 15% discount on any avalanche related purchases made between registration and seven days after the course.

Text: The Avalanche Handbook. May be ordered from Alpenglow (207) 866-7562 or online at AlpenglowGear.com