



## Intro Mountaineering Itinerary

### Day 1

- 7:30am – Meet in Canmore, issue gear, sign waivers, park vehicles to carpool
- 8:15am – Drive to Bow Lake
- 10:00am – Hike to Bow Hut (3.5-4 hrs.)
- 2:00pm – Arrive at hut, unpack, settle in

Afternoon session outside hut:

- 2:30pm – Crevasse rescue theory and miniature demo
- 2:50pm - Harnesses, dividing the rope, Fig. 8 knot, clipping in, prussiks, daisy chains
- 3:30pm – Walk through stages of crevasse rescue and return to glacier travel mode
- 4:00pm - Rotate positions and repeat x 2 (to assume all possible rope positions)
- 5:00pm – Appies, dinner, clean up
- 7:00pm - Fit crampons
- 7:30pm – Map and compass work
- 8:00pm – End evening session

### Day 2

- 7:00am – Breakfast
- 8:00am – Hike to glacier
- 8:30am – Demo & practice T-slot anchors with ice axes or ice screw anchors
- 9:00am - Crevasse rescue with anchor building and return to glacier travel mode
- 9:45pm - Rotate positions and repeat x 2 (to assume all possible rope positions)
- 11:00pm – Ice axe and crampon use, self arresting
- 12:00pm – Glacier travel circuit & ascent of the Onion Skin with student leads
- 3:30pm – Arrive at hut
- 4:00pm - Appies, dinner, clean up
- 6:00pm – Whiteout navigation & route planning
- 7:00pm – End evening session

### Day 3

- 7:00am – Breakfast
- 8:00am – Hike to and climb Peak such as Mt. Olive or St. Nicholas
- 2:00pm – Arrive back at lodge and pack up
- 2:30pm – Hike out
- 5:00pm – Arrive at Parking Lot
- 6:30pm – Arrive in Canmore