Winter Backcountry Checklist

Mount Revelstoke and Glacier National Parks of Canada

Before you head into the backcountry, you need to know how to assess if you're in avalanche terrain, whether hazards exist, and how to minimize your risk. The following information should help you.

Where to start?

Outlined here are some important questions to consider when planning your trip.

- ➤ How much experience do you and the members of your group have? All backcountry destinations in Glacier National Park require knowledge of travel in avalanche terrain. All members of your party are urged to wear avalanche transceivers and be prepared for self rescue.
- ➤ How far would your group be comfortable skiing each day? Base your trip on the abilities of the least experienced member of the group. Steep terrain, weather, elevation, and group members' abilities should determine the length, duration and destination of your trip.
- ➤ What do you want to do? Make sure your desired activities are possible. For example, large areas of Glacier National Park are closed for Avalanche Control using explosives. Some of these areas are temporarily open to skiers when conditions allow, on a permit basis.
- ➤ Do you have a good understanding of the hazards you may encounter? You should have knowledge of avalanche hazards, experience in avoiding them and a plan to deal with them successfully when required.
- ➤ Does anyone know where you are going? Leave a detailed itinerary with a friend or fill out and sign a Voluntary Safety Registration at the Rogers Pass Centre.
- Do you know which permits you need? You will require a Wilderness Pass for overnight camping trips, a Park Pass for entry into the park, and a permit for skiing in Permit areas that are usually closed for avalanche control purposes.
- Where will you park? All destinations in the Glacier National Park have trailhead parking lots located in safe avalanche terrain. Park to allow for the maximum number of vehicles and for access for snow removal equipment.

Have you got it?

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This is a list of suggested equipment, which you can adjust to suit your personal preferences. Mountain weather is unpredictable; be prepared for changing condition.

Snow Goar

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	Long underwear top/bottom				Backcountry Skis	or	Snowboard
	Insulating top (synthetic)				Boots		
	Fleece pants and vest				Poles		
	Warm hat and gloves/mittens				Climbing Skins of	r sn	owshoes
	Outer shell top and pants				Avalanche transc	eiv	er, probe and shovel
	Synthetic outer socks with wicking	g lir	ner socks		Snow kit (crystal	car	d, loupe, thermometer)
	Boots - with ankle support and go	od	soles		Ski Repair kit (wi	th s	pare binding parts, tools)
	Gaiters, insulated over boots				Daypack		
Ot	her essentials						
	Compass and topo map		First Aid kit				Sunscreen & lip balm
	Food		Signalling wl	nist	:le/mirror		Water & Gatorade
	Waterproof matches/lighter		Emergency I	olai	nket		Toilet paper
	Candle, fire starter		Repair kit				Knife
	Headlight, extra batteries		Sunglasses,	go	ggles		Trip plan (left with friend)
Op	tional						
	Binoculars		Rope				Change of clothes waiting
	Altimeter		Knee pads				at trailhead
	Notebook and pencil		GPS				
	Camera & film		Book, deck of	of c	ards		
Ca	mping Gear						
	Backpack		Water Treatr	nei	nt or Filter		Cooking/eating utensils
	, , ,		Tent				Toiletries (including toilet
	Stove and Fuel		Sleeping pag	b			paper)

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Have you checked the latest reports?

Check the following reports when planning your trip, and again before you leave. These reports are available at Parks Canada Information Centres, on our website (see Resources and Directory below), and over the phone.

Avalanche Bulletin 250.837.MTNS ■ BC Road Report 1.800.550.4997

Did you also know?

Regulations

- A valid Wilderness Pass is required and must be kept with you at all times if you're camping
- Pack out all garbage (including tampons, sanitary napkins, diapers, food waste and foil).
- Do not disturb or remove any natural or cultural objects.
- Pets must be kept on a leash at all times. Consider leaving them at home.
- Do not feed, touch or harass wildlife.

How you can help protect the park. Leave No Trace: http://www.LNT.org/

- Plan ahead and prepare.
- Dispose of waste properly.
- Minimize campfire impacts.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.

Trip Details							
Trip Leader Name: Phone #							
Address:							
# Adults: # Children (16 yrs & under):	# Tents:						
1 st Vehicle License Plate: 2 nd Vehicle License. Plate:							
Trip Itinerary 1st Choice:							
Starting Trailhead:							
Day 1 Date: Route:	# kms						
Day 1 Date: # kms # kms							
** provide similar information for each day							
Exiting Trailhead:							
Trip Itinerary 2nd Choice:							
Starting Trailhead:							
Day 1 Date: Route:	# kms						
Campground:							
Exiting Trailhead:							

Resources and Directory

Maps and Recommended Reading

Topographic maps and guide books are available for purchase from the Rogers Pass Discovery Centre or the Parks Canada Administration Office:

301b 3rd Street West, Box 350, Revelstoke BC 250.837.7500

revglacier.reception@pc.gc.ca

Glacier National Park Website http://www.parkscanada.gc.ca/glacier