

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?

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.

Clothing

- Long underwear top/bottom
- Insulating top (synthetic)
- Fleece pants and vest
- Warm hat and gloves/mittens
- Outer shell top and pants
- Synthetic outer socks with wicking liner socks
- Boots - with ankle support and good soles
- Gaiters, insulated over boots

Snow Gear

- Backcountry Skis or Snowboard
- Boots
- Poles
- Climbing Skins or snowshoes
- Avalanche transceiver, probe and shovel
- Snow kit (crystal card, loupe, thermometer)
- Ski Repair kit (with spare binding parts, tools)
- Daypack

Other essentials

- | | | |
|---|--|---|
| <input type="checkbox"/> Compass and topo map | <input type="checkbox"/> First Aid kit | <input type="checkbox"/> Sunscreen & lip balm |
| <input type="checkbox"/> Food | <input type="checkbox"/> Signalling whistle/mirror | <input type="checkbox"/> Water & Gatorade |
| <input type="checkbox"/> Waterproof matches/lighter | <input type="checkbox"/> Emergency blanket | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Candle, fire starter | <input type="checkbox"/> Repair kit | <input type="checkbox"/> Knife |
| <input type="checkbox"/> Headlight, extra batteries | <input type="checkbox"/> Sunglasses, goggles | <input type="checkbox"/> Trip plan (left with friend) |

Optional

- | | | |
|--|--|---|
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Rope | <input type="checkbox"/> Change of clothes waiting at trailhead |
| <input type="checkbox"/> Altimeter | <input type="checkbox"/> Knee pads | |
| <input type="checkbox"/> Notebook and pencil | <input type="checkbox"/> GPS | |
| <input type="checkbox"/> Camera & film | <input type="checkbox"/> Book, deck of cards | |

Camping Gear

- | | | |
|---|--|--|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Water Treatment or Filter | <input type="checkbox"/> Cooking/eating utensils |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Tent | <input type="checkbox"/> Toiletries (including toilet paper) |
| <input type="checkbox"/> Stove and Fuel | <input type="checkbox"/> Sleeping pad | |

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
 Weather Forecast 250.837.4146

BC Road Report 1.800.550.4997
 Warnings and Closures 250.814.5232

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 _____
Campground: _____		
** 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 Friends of Mount Revelstoke National Park: Phone 250.837.2010
Or visit their Glacier Circle Bookstore at Rogers Pass Centre.

Publications: Available at Parks Canada Information Centres

- *Ski Touring in Rogers Pass*
- Rogers Pass topo maps

Rogers Pass Centre
250.814.5232
rpc.info@pc.gc.ca

Parks Canada Administration Office
301b 3rd Street West, Box 350, Revelstoke BC
250.837.7500
revglacier.reception@pc.gc.ca

Glacier National Park Website (see Recreation) <http://www.pc.gc.ca/glacier>
Glacier National Park Warden Service 250.814.5202