

# **BC101 Backcountry Touring Courses**

**Sponsored by Yöstmark Backcountry Tours**

**December 7-8**

**January 4-5 (Women Only)**

**January 11-12**

Goal: To provide a foundation of skills for ski/snowboard touring safely, efficiently, and comfortably in the backcountry. And have fun doing it!

## **Day 1, Evening Session**

18:00: Meet at Yöstmark Mountain Equipment. Discuss and demonstrate layering for backcountry travel.

18:45: Gear for backcountry travel, and how to carry it. Students will be able to purchase needed equipment at Yöstmark for a 10% discount during the evening's class. (Purchases for personal use only—no Christmas shopping!)

20:00: Done. Rest up!

## **Day 2, Field Day**

07:00: Meet at location TBD to carpool up to Teton Pass. Spend the day working on travel techniques (trail-breaking, route-finding, touring efficiency), maintaining personal comfort (adjusting layers, eating/drinking), efficient transitions, basic avalanche terrain recognition, communication and organization of a tour group.

Significant focus will also be given to skiing/riding powder—that's why we're out there, after all!!!

16:00: Done. Consider reconvening at Forage/Yöstmark for happy hour, sharing stories and photos. Awesome.