

Information

Welcome to Icefall Lodge for the 2013 winter season.

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For the group organizer, please ensure that everybody in the groups gets this information. Please let the cook know as possible if there are any **allergies** or foods that people can't eat. Email directly to Monique moe_vig24@yahoo.com There may be an extra charge to accommodate some dietary restrictions. Please bring a **lunch** for the first day.

For most self guided weeks this winter there will be a **custodian**. He is there to make sure that systems are running smoothly and that the lodge is taken care of properly. He is not there to do chores for you, but rather to direct you as to what needs to be done. Most of what needs to be done will be outlined here. The group will be responsible for feeding him all meals. He will probably want to go skiing with the group, but will not be acting as a guide or giving advice on what is safe to ski. Self guide groups are still responsible for making their own decisions regarding safety.

For the **Saturday exchange day**, we will meet the Chatter Creek Staging area in **Donald** at **11:00 am**. Please be ready to go at 11, if you need extra time to sort gear, arrive earlier. See the Chatter Creek website for directions to Donald <http://chattercreek.ca/how-to-get-here.php> Also see Heli port attachment for additional information.

Your trip into Icefall Lodge includes 4 flights in with an A Star. All flights will leave from the Chatter Creek Staging area. The A Star seats 5 people and has a ski basket, side and rear cargo compartment. All people, gear, food, skis, etc must fit into these 4 flights. Pack light and avoid bulky items such as sleeping bags or coolers. For beer it is preferable to pack cans (which can be crushed for the flight out) instead of bottles. **Do not bring large packs or duffle** bags as these are difficult to pack in the helicopter. Do not bring hard suitcases or rolling duffle bags with a hard back.

The lodge now has **hut shoes**, so that you don't have to take up extra shoes, just your ski boots. There are also about 5 pair of **Sorels** and 8 pair rubber boots of various sizes for walking between buildings. Also up at the lodge are Ipod speakers and yoga mats.

Your **personal gear** should fit in 2 small packs (30-40 liters each) that weigh no more than **35 pounds** together including drinks. This does not include 1 pair of skis and you can wear your ski boots and ski clothing in the helicopter.

Your trip includes a total of **4 flights**. This is for all people, gear food and drinks. If your group is over this weight, you can either remove gear, or pay for an extra flight

Another issue is **bulk**; there is a limited amount of space in the helicopter. For food, banana, apple or small boxes seem to work well for packing in the helicopter. We have noticed a lot of half full food boxes being flown in. This may be more convenient for organizing, but it quickly fills up the helicopter. Make sure food boxes are packed full, even if it means mixing the lunch with dinner food.

If an **extra flight** is required from Golden due late arrival, injury, somebody needing to get out midway through the week, or any other reason the cost will be about \$1400.

In the event of **bad weather**, the helicopter may not be able to do the exchange on the scheduled day. In this case the exchange will happen on the following day. There is also a very small chance that the exchange will not be possible for 2 days. Groups should make travel plans accordingly. In the event that you are not able to fly in on the scheduled day, you will be responsible for your own food and lodging in Golden. If you are at the lodge and the exchange is not possible, there will be no extra charge.

All guests are required to sign a “release of liability and **waiver** of claims agreement” prior to departure from the Lodge. The release agreement may be viewed on our website. <http://www.icefall.ca/summer/Waivers/070629%20SELF%20GUIDED.pdf> Please read the release of liability and waiver of claims agreement before signing. By signing the release agreement, you will waive certain legal rights, including the right to sue should you become involved in an accident.

There is **satellite internet** and a computer up at the lodge that you can use at no charge. There is not enough bandwidth to use Skype and it slows down if there are many users, but it has worked reliably. The internet is free for emails but please don't upload pictures or videos. There is a quota as to how much data we can send and the internet gets shut off for 24 hours if that is exceeded.

There is no longer a satellite phone at the lodge.

Icefall Lodge has a **radio** repeater and frequency; 162.885 Rx, 167.895 Tx, narrow band, Tx tone 100.00. The custodian will have a radio which can be used to communicate with the helicopter on fly days. There is also a base station radio at the lodge. This has the Icefall frequency as well as several other frequencies that can be used in an emergency. The Banff National Park frequency is on this radio and can be used in an emergency. It is recommended that groups bring their own radios to communicate with each other while skiing if the group splits up, or in case of an emergency. Please note, communication with the outside world is not 100% reliable. Radios can be rented at High

Country Communication (highcc@telus.net, phone 250 344 2504) or from Icefall Lodge, \$40/week.

Although the pilot will remind you in the safety briefing, please make sure that all loose items are secured when the helicopter lands.

Icefall Lodge will sell **beer** at the lodge for \$4 a can. You can still bring your own, but if weight is an issue, or if you run out beer will be available. No promises on what kind, but Pilsner does seem to be a favorite.

The 2 lodges can comfortably accommodate **18 people in 9 bedrooms**. In addition there are a couple of low ceiling loft rooms (these are relatively sound proof and are a good place for people who snore). The new lodge has 4 bedrooms with 2 twin beds in each one. The old lodge has 5 bedrooms; 3 of these have a queen and twin bed, the others have 2 twins.

Bedding: There will be duvets, pillows, sheets, pillow cases and duvet covers provided. Please take off the duvet covers, sheets and pillow cases at the end of the week. Please fold these up and put them in the dirty laundry bag, they will be flown out. There are mattress covers which should stay on the beds. Please don't bring up sleeping bags as this is unnecessary bulk and weight in the helicopter.

Please try to **conserve** while at the lodge. Firewood, propane, electricity and water are all difficult to get to the lodge. All supplies have to be flown up by helicopter. Careless use can easily make us run short during the winter.

Sauna

There is a separate **sauna** building. It has a wood stove, attached change room, **shower** and deck. Heat the water in the large pots and use the watering can for showers. The watering can is suspended above the shower with a rope and tied off to the cleat on the side.

- Don't build the fire too big or too hot, it is possible to burn down the sauna.
- Use small pieces of wood and start the fire near the back.
- Conserve firewood; don't light the sauna until 30 minutes before you intend to use it. It heats up quickly.
- Use the damper on the front of the stove to control the heat
- Don't leave the sauna unattended with the damper fully open.
- Don't chop firewood inside. You will break the tiles, use the chopping block outside.
- For showering; use hot water from the pot on the stove and mix this with cold water from the garbage pail in the change room to get the right temperature.
- Don't leave the watering can or garbage pail near the stove. They are plastic and will melt.
- After showering, put more water in the stove for the next person.

-If there is nobody in the sauna when you are done turn the damper down before you leave.

-Please conserve water

There is a **drying room** in the lodge with a propane heater. This will be lit after skiing and will stay on for several hours in the evening. Please put your gear in the room after skiing and then leave the door closed to allow the room to heat up. Do not place anything directly on the heater, and be careful that things hanging above the heater are not too close and a **fire hazard**. There is also a boot rack in the drying room that blows air through the boots. It normally only takes a couple of hours to dry gear.

The **water supply** is from a spring in a canyon about 40 m upstream from the lodge. There are 2 buckets with lids and a yoke to carry water. Make every effort to keep the water clean as this is your drinking water. When you get to the lodge, dump the water in the garbage pail in the kitchen.

There is now a **water pump** to get water from the spring to the lodge. If the pump is not working, go back to the instructions above. It may be worth doing a trip to the water hole; it is a beautiful spot and you will fully appreciate the value of the pump. The custodian will be the only person who operates the pump. The pump is a large draw on the electrical system, so please try to conserve water.

Please keep the **water clean**. To get water from the garbage pail, use the stainless steel dipper cup that is hanging above the pail. This should only be used by the handle and should not be set down on counter tops. When not in use, hang it from the hook. Do not dip water bottles or anything else in the pail. The pail will need to be emptied and cleaned with bleach once a week. Do not dip water bottles or anything else in the pail. **Water bottles** can be filled at the tap downstairs under the stairs.

There is a large **pot** which is placed on the **wood stove** downstairs. Please keep water in this pot and use this water for dishes. This water can also be used for cooking and thermoses. To check the temperature of the water, feel the side of the pot instead of sticking your finger in it. When you use water from this pot, please replace it. Water can also be used to fill up the large kitchen thermoses. If these are filled the night before, it can save you a lot of time getting water boiled in the morning. There is also a stainless steel dipper for this pot. You can greatly reduce the amount of propane used on the stove by getting warm water from the wood stove whenever possible.

Downstairs in the main lodge under the stairs, there is a hand washing basin. You can use the dipper cup to get hot water from the wood stove. When done water can be dumped out the side door.

The **oven** has 3 **pilot lights** (2 for the stovetop burners and one in the oven) that must be lit while the propane is on. If you smell propane, check that these are all lit.

The **electricity** at Icefall Lodge is powered by a gas generator and a battery bank. Please **conserve energy** and turn off lights or when not in the room. You will be able to recharge batteries for cameras, etc. The custodian will take care of turning the electricity on and off.

The lodges are heated by **wood stoves**. Please try to conserve firewood as there is not an unlimited supply and it is a big effort to get it to the lodge. Don't leave doors open. Let the fire go out overnight, the building holds its heat well. In the morning, light a fire in the big lodge, but leave it out in the small lodge. Please don't stoke up the fire before leaving to go skiing for the day. Turn the damper on the fire down before going to bed, when out skiing or when the lodge is hot enough. The stoves will need to be cleaned once a week. Ashes can be placed in the metal pale and dumped down the outhouse hole.

Propane tanks will occasionally need to be changed. These are located on the SE corner. Make sure the tanks are empty before you change them and make sure empty propane tanks get flown out.

The **kitchen** is fully equipped with cooking and eating utensils. For coffee, there is a small espresso maker, and a drip/ filter system. There is also a large percolator style coffee pot. Towels for drying dishes are not supplied, I usually let them air dry. Don't forget paper towels, hand sanitizer, and newspaper for lighting the wood stove. There is no electric refrigerator at the lodge. Food can be kept cool in a cupboard that is vented to the outside. There is also a large cooler up at the lodge, do not bring a cooler up. There is a large metal barrel outside that frozen food can be kept in (this works well until spring when temperatures get above freezing). There is also room under the benches downstairs that stays cool. There is now a BBQ at the lodge on the upper deck. Please keep this clean as it can attract animals. Turn off the propane tank when it is not in use.

The oven on the stove is propane and has a manual thermostat. This provides a more variable baking temperature than you are used to at home. For baking, it is best to have a thermometer in the oven and check this occasionally.

The **dishwashing** system is soap in one pan and a bleach rinse in another. It is most sanitary to let dishes air dry. There is a strainer under the sink to catch food particles. Please make sure this is empty before pouring dish water down. If it is clogged up, it will

overflow and spill out under the sink. Also please pour the dishwater slowly down the drain. The strainer can be emptied into the garbage or burned. You can keep the dishwater clean by using a spatula to clean the plates before washing. This will greatly reduce the amount of water you need to use.

Garbage should be packed out or burned, please don't put any garbage in the outhouse as it will attract animals. It is best to put garbage bags in the empty cardboard boxes that you packed the food in. Don't let the garbage bags get too full. Don't leave garbage, or any food outside as it will attract animals. There is room in the benches downstairs to store boxes with garbage. This will keep them cold. Don't forget them at the end of the week.

There is an indoor **pee toilet** upstairs. This has a 1 ¼ inch drain pipe and is for urine only. Any shit, toilet paper, vomit, etc and it will be out of order for the season. Also if it freezes up, which sometimes happens, don't use it anymore. There is a water jug with bleach in the washroom. After you use the toilet, pour a bit of water to rinse. Place a paper bag in the pee toilet for toilet paper, this can later be burned.

The **roofs** will occasionally need to be cleared of snow. The custodian will be in charge of this. Avoid walking under the roof as it may avalanche.

Please don't put any garbage other than ashes from the fire in the outhouse. There are flags on the side of the outhouses; when they are down in the horizontal position, it is occupied. Please use hand sanitizer after going to the outhouse. It is OK to pee at a tree closer to the lodge. Establish one pee tree, use the same hole, and shovel it in at the end of the week.

The lodge has a spare pair of skis that can be rented for \$30/day if needed. They are 180 Faction Agents with Fritchi Diamir bindings on them. They will probably fit most but not all boots. If you have specialized equipment or really big or small boots, it is recommended that you bring spare skis and bindings.

Hut Cleaning

The lodge will need **cleaned** at the end of the week. You are responsible for cleaning the lodge for the following group. Please leave the lodge as clean as, or cleaner than you found it. The custodian will direct you as to what needs to be done, but you will be responsible for the cleaning. Some of the chores that will need to be done include.

- clean kitchen, wipe down counters, shelves, sink and clean the strainer and cupboard under the sink.

- clean stove, including stove top, oven and broiler.

- Clean the BBQ including the grease pan underneath. This can catch on fire if too much grease accumulates.

- clear out extra food. Don't leave your extra food behind.

- clean, wipe down pee toilet with bleach, burn toilet paper. Make sure the jugs with bleach water are refilled (one cap full of bleach, the rest water).
- chop wood and restock wood supply. Chop kindling.
- burn extra cardboard boxes and clean ashes out of both stoves. Clean glass on stove
- ashes from the stove can be dumped in the outhouse (nothing else please)
- clean sauna; sweep floor, mop and then wipe down benches with bleach water
- clean outhouses; shovel out any snow and wipe down seat and bench with bleach water
- shovel in the pee hole
- clean water buckets with bleach water. At some point during the week, the big water pails should also be emptied and cleaned.
- wipe down table and window sills with bleach water.
- wipe down door knob, handles, water dippers and anything else that people are touching with bleach water.
- sweep lodge and mop floors
- if there is not another group coming in, make sure the propane tank (behind the lodge) is turned off
- take off the duvets covers, pillow covers and sheets, unless otherwise instructed. Fold these (they take up less room this way) and put them in the outgoing laundry bag. Leave the mattress covers on the beds.
- take out all garbage.
- make a note of anything missing, lacking or broken
- bring out empty propane tanks and gerry cans

Icefall Lodge is located in the Rocky Mountains 60 km north of Golden. The map sheet for the area is 82 N 14 and the lodge is at 1900m (6300 feet) GR 911470 or 51 52.460°N 117 07.853W. There is also a run map on the web page and photos of many of the runs

Being on the west side of the continental divide near some of the highest peaks in the range, it gets big snow; more than Rogers Pass. Snow reports from the Golden will underestimate the snowfall at the lodge. General **avalanche information** can be found on the Canadian Avalanche Center web page <http://www.avalanche.ca/default.aspx?DN=558,3,Documents> . Weather info for the Golden area will underestimate the precipitation at Icefall, but give the general weather pattern. There is also information on Icefall Lodge and other lodges in the area at <http://www.wisegoat.ca/> Guided groups at Icefall will input information into Wisegoat. For self guided groups, the custodian will do this.

All skiers should carry **avalanche safety equipment** including shovel, probe and avalanche transceiver. Most importantly people should be practiced in their use. All skiers should be able to evaluate terrain, snow conditions and make decisions regarding their own safety.

There are large **glaciers and icefields** that are accessible from the lodge. Groups should have harnesses, ropes, rescue equipment, and the knowledge of how to use them. There is a 60 m half rope, and a 30m half rope at the lodge which groups can use. Again people should have the knowledge to evaluate their own safety if venturing onto the glacier. A full discussion of all the mountain hazards is beyond the scope of this information letter. If people are uncertain if they have the skills to travel safely, it is recommended that they hire an ACMG ski guide or IFMGA mountain guide.

As advertised, Icefall Lodge is **remote** and far from any other backcountry skiers, heliskiers, or anybody period. In an **emergency**, help from outside will not be readily available. Groups must be prepared for self rescue for any accident. Outside help may be prevented from reaching the lodge due to a number of circumstances including; poor communication, poor flying weather, or darkness. Icefall Lodge is more remote and isolated than most other backcountry lodges that people are accustomed to visiting. Self guided groups should plan trips and take risks accordingly.

Lyell Hut: New in September 2009 is the Lyell Hut. It is located on a rock outcrop surrounded by glaciers at 9400 feet. The hut is a 6-7 hour ski tour from Icefall Lodge. It provides dorm style accommodation for up to 12 people. It is supplied with a propane stove, all cooking and eating utensils, mattresses, blankets, propane heater and solar lighting. Groups staying at Icefall Lodge can use the Hut at no extra charge, provided there is nobody else booked into it. It is important that groups going to the Lyell Hut check with me first.

The hut is located on the Rostrum Peak map, 82 N/14. Grid reference 931526 Coordinates 51.92352,-117.099752. There are several avalanche slopes to cross if you traverse to the hut as well as large glaciers. In many conditions it may not be possible to traverse to the hut. More importantly conditions may change making it dangerous to return from the hut. Please plan any trips over to the Lyell carefully. If you miss a flight on the exchange day because conditions have changed, you will have to pay for an extra flight.

It is recommended that you buy **evacuation insurance** to cover you if you have an accident up at the lodge. While a simple helicopter ride to the lodge mid week will cost \$1800, a more involved rescue with rescue personnel or sling rescue will cost many times more.

Group Gear

Try to pack food in banana or apple boxes as these tend to pack well in the helicopter.

- hand sanitizer
- paper towels
- garbage bags
- radios

-crevasse rescue gear, there are 2 ropes at the lodge (30m half rope and 60m half rope) that groups can use
-first aid kit (there is a fiberglass rescue toboggan at the lodge) as well as a backboard

Personal Gear

All personal gear must weigh less than 35 pounds. This includes clothing, and drinks. This gear must fit into 2 small packs (40 liters or less). Avoid bulky items (don't bring a sleeping bag, duvets are provided). Please **no large duffle bags**, coolers or hard suitcases.

Some hints for keeping your weight down:

- Empty your water bottle.
- Wear your ski boots and don't bring boots or shoes, these are provided.
- Wear your ski clothes in the helicopter
- Do not bring too much extra clothing. The drying room at the lodge works well and will dry equipment overnight.
- Do not bring a laptop, there is a computer at the lodge that you can use.

- Skis
- Skins
- Poles
- Boots, make sure they don't give you blisters
- Probe
- Shovel
- Avalanche transceiver
- Gortex Jacket and Pants
- Scarf or neck gaitor
- Long underwear tops and bottoms
- Fleece or wool pullover or jacket
- Ski touring or mountaineering pants
- Gaitors, unless integrated into your pants
- Socks
- Camera
- Day Pack
- Water Bottle
- Sunglasses
- Sunscreen
- Lip cream
- Goggles
- Sun Hat
- Warm Hat
- Gloves
- Headlamp
- Toilet kit
- Towel
- Hut Clothes
- Earplugs
- Drinks, preferably in cans not bottles

Provided at the Lodge

-Hut shoes

-Hut boots

- yoga mats
- ipod speakers
- bleach, and dish soap
- propane
- firewood
- duvets, pillows and mattresses
- all cooking and eating utensils
- toilet paper
- 4 burner propane stove with oven

Rules

- No food, garbage of any kind to be left outside or in the outhouse, it attracts animals
- Urine only in the Pee toilet; no toilet paper, shit, vomit or anything else
- No candles, lantern or open flames, please use headlamps
- No smoking inside the building
- Keep drinking water clean
- No chopping wood inside, especially on sauna tiles or slate, it will crack them
- Strain greywater (under the sink) and burn or put food particles in the garbage
- Drain dishwater slowly into the sink, otherwise it will overflow
- Leave the hut clean
- Fly out all your garbage, recycling, left over perishables and cardboard boxes
- Please try to conserve water and electricity