VALKYR ADVENTURES GUIDELINES FOR SELF-GUIDED GROUPS

RECOMMENDATIONS FOR SELF GUIDED GROUPS

- GROUP MEMBERS MUST BE EXPERIENCED IN BACKCOUNTRY SKIING
    - AS THE TERRAIN AT HILDA HUT IS FOR THE MOST PART ADVANCED TO EXPERT IT IS RECOMMENDED THAT SKIERS WHO WANT TO SKI THERE SHOULD HAVE ADVANCED TO EXPERT SKI ABILITY
- MINIMUM OF 2 MEMBERS SHOULD HAVE CAA LEVEL I, AST 1, AST 2 OR EQUIVALENT TRAINING
- TEAM LEADERS MUST HAVE GOOD MAP READING AND ORIENTEERING SKILLS
- ALL MEMBERS MUST:
    - HAVE A GOOD UNDERSTANDING ABOUT SAFE TRAVEL IN MOUNTAINOUS TERRAIN
    - KNOW AVALANCHE RESCUE PROCEDURES
    - PRACTICE AVALANCHE SAFETY DRILLS AS A GROUP

- RECOMMENDED EQUIPMENT:
    - SKI EQUIPMENT IN GOOD REPAIR (A.T. OR TELEMARK SKIS OR SPLITBOARD, BOOTS, BINDINGS, POLES AND CLIMBING SKINS)
    - AVALANCHE BEACONS in good repair (with new batteries)
    - SHOVEL AND PROBE
    - COMPASS &/OR GPS (Must be familiar with equipment)
    - MAP OF AREA [82F13] (Wall map and laminated pocket maps are available at lodge)
    - PROGRAMMABLE VHS RADIO – 1 PER TEAM (some radios are available for use at lodge) ["Family band" radios have limited range and are not capable of reaching lodge from all ski zones.
    - CHARGER FOR YOUR RADIO
    - BEACON, PROBE AND SHOVEL
    - EXTRA BATTERIES
    - HEAD LAMP

Backcountry skiing is an inherently dangerous activity and takes place in an uncontrolled environment. Participation carries with it the risk of serious injury or death.

All participants of any activity carried out at Valkyr Lodge will be required to sign a waiver of claims, assumption of risk and indemnity agreement.