



## ADVANCED SKI MOUNTAINEERING COURSE

The advanced course is proposed to ski mountaineers who wish to expand their knowledge in order to be able to do longer and more complex tours independently.

### *Course contents:*

- Improvement of the climbing technique;
- Improvement of the descent technique;
- Avalanche safety basics;
- Preparation of a ski mountaineering tour basics;
- Presentation of the conduct rules to follow while climbing on a glacier;
- Risk management;
- Weather report analysis;
- Snow science basics.

### *Equipment:*

- Ski mountaineering equipment
- Safety kit (arva, shovel and probe)
- Ice axe, crampons and harness if needed
- Crampons
- Rampant
- Ski mountaineering pants

### *Duration:*

- 5 days
- 3 single days on a week end;
- 2 day trip with overnight in a mountain hut.

### *Period:*

February, March, April

### *Number of participants:*

Minimum: 1  
Maximum: 6

### *Meeting point:*

To be set with the Guide.

- Windstopper winter pants
- Tights
- Undershirt (1st layer)
- Long-sleeve shirt (2nd layer)
- Polartec jacket (3rd layer)
- Padded jacket (4th layer)
- GORE TEX jacket (5th layer)
- 2 pairs of gloves, a thick and a light one
- Woolen hat and buff headwear
- Sunglasses
- Ski goggles
- Sun cream

**Fees:**

to be defined according to the number of participants

**Included:**

- Mountain Guide fee

**Not included:**

- Transfer to the meeting point;
- Overnight and half board in mountain huts, for the participants and the Guide;
- Other expenses in the mountain hut not included in the half board, for the participants and the Guide;
- Technical equipment rental;
- Anything not mentioned in the section "Included".

**Insurance:**

It is possible and advisable to subscribe the rescue service insurance policy for mountain guides clients <https://www.larcasrl.it/page.asp?ID=45>

**Skills required:**

It is required to be able to ski off-piste with any kind of snow and inclinations up to 35°

**Physical skills:**

The itineraries will have about 1,500 m of positive difference in height