

OENZ 7 day Alpine Course Outline

8:00am - Meet your group and Instructor/s at Arthurs Pass Café & Store.

*Alternatively, you can meet in Arthurs Pass **the night before the course starts** and we will provide your accommodation.

Day 1 Overview

Today is all about getting to grips with the essential skills and equipment that allows you to travel in the mountains safely.

9:00am - Arrive at Mt Cheeseman Ski area or Broken River ski area

- Gear check & hand out OENZ supplied gear
- Packing and selecting appropriate gear for use in the NZ mountains
- How to pack and carry avalanche and alpine equipment.
- Fitting Crampons to boots & holding an Ice axe
- Check avalanche transceivers (before you go)
- Assembling and using a probe- Spiral probing
- Avalanche transceiver search practice

12:30ish – Lunch (out in the field)

- Avalanche scenario search (single burial- single searcher)
- Identifying Avalanche terrain. Terrain - Angle, Aspect, Altitude Trigger points, Traps
- Observations. Weather and snow pack – Recent activity, Cracking/whooping, rapid loading, wind, temperature

2:30pm – 3:30 pm Back at Vehicles, drive to Arthurs Pass lodge

4:00-6:00 pm – Theory session, PowerPoint

Evening

- Cook your dinner.

Day 2 Overview

Today our aim is to consolidate our new skills by putting it all together.

6:30-7:30am Breakfast (bring your own as nothing is open this early in Arthurs Pass)

7:30-8am – Plan the day ahead

- Check avalanche forecast, talk through implications and considerations based on this forecast and previous days observations.
- Trip planning –plan our day

9:30-10:00 am – Arrive at practical training location

- Make our way up using safe travel & avalanche avoidance techniques
 - Spacing
 - Visual contact
 - Islands of safety
 - Safe travel routes
 - Communication
 - Escape routes

12:30pm Lunch (along the way)

- Avalanche search practice
- Rescue digging
- Team digging scenario (deep burial)
- Full Avalanche rescue scenarios- multiple burials, multiple searchers

3:30-4:30pm – Back at vehicles, drive back to Arthurs Pass Lodge

5:00-5.30pm – Arrive in Arthurs Pass and check gear

Whilst having some down time for the evening and packing for the following five days this is a good chance to ask any last minute questions before heading up the mountains to Temple Basin Lodge. Your guide will also need to do a gear check so we know we have the essential gear needed for the course (listed in red on the packing list).

Dinner at the lodge.

Day 3 Overview

8:00-10:00am – Breakfast, tidy up lodge, drive to Temple Basin car park/goods lift

10:45am – Drop gear at goods lift

Everything you don't need for the walk up to the lodge is sent up in the goods lift.

11:15-12:15pm – Walk up to lodge

From the Carpark it's a 45-60min walk up steep track to access Temple Basin. Depending on conditions you may need to use crampons and an ice axe for some or all of the access track (your guide will advise you what to take up the track)

12:30 – 1:30 Cooked lunch at the lodge

Once you have settled into the lodge you will be treated to a cooked lunch.

2:00 Afternoon Skills session

Time to explore the local area- your guide will use this time to go through some of the foundation skills such walking skills and kicking steps, fitting and using crampons, holding and using an ice axe, self-arresting. Remembering previous skills learned in a more "real" situation.

6:30- 8:00 Dinner & Desert

All of your main meals are catered and prepared by the team up at Temple Basin. Your guide will probably use this time to come up with a plan for the next few days.

Days 4, 5 & 6 Overview

For days 4, 5 & 6 your guide will formulate a plan once you're up on the mountain. They will talk with you and establish what is most important to you, and the other participants. With this information and a weather forecast your guide will come up with a plan that ensures you get the most out of your time up on the mountain.

Skill covered in 7 Day alpine course	
Navigation <ul style="list-style-type: none"> ▪ Route selection ▪ Navigation in white-out conditions 	Snow Anchors <ul style="list-style-type: none"> ▪ Use of Snow Stakes ▪ Snow Bollards ▪ Stomp belay
Crampons <ul style="list-style-type: none"> ▪ Flat foot technique ▪ front pointing ▪ mixed technique 	Rope work <ul style="list-style-type: none"> ▪ Knots for alpine climbing ▪ Alpine rock protection & rock anchors ▪ Pitching & belaying
Ice axe <ul style="list-style-type: none"> ▪ Holding an ice axe ▪ Self-belay/plunge ▪ Self-arresting ▪ Two axe climbing techniques 	Snow caving <ul style="list-style-type: none"> ▪ Spend a night out in a snow cave (optional & depending on conditions)
Terrain travel <ul style="list-style-type: none"> ▪ Roped ridge travel ▪ Steep terrain roped climbing ▪ Scrambling (un-roped travel) 	Roping up of Glacier travel <ul style="list-style-type: none"> ▪ Roping-up for glacier travel ▪ Crevasse rescue

Day 7 Overview

7:00-8:30 - Breakfast at lodge

8:30-9:00 – Pack up and drop bags at gear lift.

The gear lift only operates in the morning, your gear will be put in the shed at the bottom of the mountain ready for collection at the end of the day.

9:30-12.30 – Extra time

Your guide will have this time planned into your sessions to cover some of the information listed in the table above.

However, this is a great time to ensure you have everything you wanted from the course and to cover anything in further detail that you're unsure of. Your guide will continually check in with you on how you're going on this course and we encourage you not to leave any questions till the last day as we can't guarantee we can cover it at the last minute!

12:30 – Lunch (at the lodge or packed lunch depending on the plan for the day)

2:00pm – Leaving Temple Basin Lodge

Time to say goodbye to Temple Basin and head back down the access track.

3:00pm – Pick up bags from Goods lift/End of course

5:00pm Back in Christchurch

If you're travelling with OENZ back to Christchurch you can expect to be back in central Christchurch between 5:00 -5:30pm

**Please note that this is just a guide to how the course normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities or the group.*