



Intro Crevasse Rescue Itinerary

Day 1

7:30am – Meet in Canmore, issue gear, sign waivers, park vehicles to carpool

8:15am – Drive to Bow Lake

10:00am – Hike to Bow Hut (3.5-4 hrs.)

2:00pm – Arrive at hut, unpack, settle in

Afternoon session outside hut:

2:30pm – Crevasse rescue theory and miniature demo

2:50pm - Harnesses, dividing the rope, Fig. 8 knot, clipping in, prussiks, daisy chains

3:30pm – Walk through stages of crevasse rescue and return to glacier travel mode

4:00pm - Rotate positions and repeat x 2 (to assume all possible rope positions)

5:00pm – Appies, dinner, clean up

7:00pm - Fit crampons

7:30pm – Map and compass work

8:00pm – End evening session

Day 2

7:00am – Breakfast

8:00am – Hike to glacier

8:30am – Demo & practice T-slot anchors with ice axes or ice screw anchors

9:00am - Crevasse rescue with anchor building and return to glacier travel mode

9:45pm - Rotate positions and repeat x 2 (to assume all possible rope positions)

11:00pm – Ice axe and crampon use, self arresting

12:00pm – Glacier travel circuit & ascent of the Onion Skin with student leads

3:30pm – Arrive at hut

4:00pm – Pack up and hike out

6:30pm – Arrive at Parking Lot

7:30pm – Arrive in Canmore