



*Please review the useful information below in advance of your trip.*

**Preparing for your trip**

**Fitness** If you aren't already quite active, we strongly recommend that you start an exercise and stretching program prior to your trip. You can download a copy of our ski fitness programme at [www.purepowder.com/trippreparation.cfm](http://www.purepowder.com/trippreparation.cfm). When you are on your trip, we suggest that you take part in CMH's daily stretch/warm-up classes which take place at the lodge daily before breakfast.

**If you have any injuries or concerns, please let us know prior to your trip as we have a team of experts who can give you advice in preparation for your trip.**

**Safety Equipment**

**Transceivers, Guest Packs & Radios** CMH will provide each guest with the following safety equipment:

- Avalanche transceiver – CMH use the Barryvox Pulse made by Marmot
- CMH guest pack – A light-weight Black Diamond backpack containing a shovel and probe
- **NEW!** A two-way radio will also be provided for each guest.

**Avalanche Balloon Packs Rental Programme** CMH are offering Avalanche Balloon Packs to rent for your CMH heli-skiing trip. Whether or not you would like to use one of these packs is totally up to you; CMH are neither requiring or even encouraging their use. Packs will cost CAD\$200 (plus GST) to rent for the week – we need two weeks' notice please to be able to secure a Balloon pack rental for you. Alternatively you can rent canisters for C\$15 per day (plus GST) or purchase canisters at the lodge. Please call us if you would like to discuss this further.

**Helmets** It is totally your choice whether you ski with a helmet or not. Helmets that offer a low profile or ¾ coverage shell and a removable neoprene ear cover are the best. Helmets that fully cover the ear (e.g. race helmets) may be a safety hazard if they prevent you from hearing the guide's instructions.

**What to bring**

**Clothing** You will doubtlessly enjoy your trip even more if you stay dry and warm, so we would recommend ensuring that you have good quality clothing suitable for deep powder snow. It's always best to use a layer system so that you can add or take-away items to control your temperature.

We recommend the following as a guide:

Outerwear	Good quality windproof / breathable jacket with fastenings to keep out snow
	Good quality windproof / breathable trousers with fastenings to keep out snow
Mid-layer	Warm mid layer such as down or Primaloft
Base layer	Wicking base layer
	Long thermals (eg long johns)
Accessories	Waterproof / breathable gloves, preferably with long cuffs / sleeves
	Good goggles which don't steam up
	Warm hat which covers your ears
Lodge wear	Dress In the lodge is casual
	Comfortable clothes for the stretch class in the mornings (eg a tracksuit) is ideal
	Bring swimwear for the hot-tub/sauna and flip-flops to get there
CMH Provides	Towels & bath robes
	Hairdryers in every room
	Washing machines and driers are available for guest use
	A CMH shop at every lodge where you can purchase a range of technical ski clothing, accessories (eg goggles, gloves & hand warmers) as well as casual clothes



**Skis** We strongly recommend that you do not bring your own skis as CMH provides you with a choice of specially designed powder skis at each of the areas. The skis for the 2011/12 season include: K2 skis: Coomback (167, 174, 181), Sidestash (167, 174, 181, 188) and Pontoon (159, 169, 179, 189) as well as Atomic Heli Daddys (150 – 180) and Rossignol S7's (166, 176, 188). There are K2 Gotback's for Women (153, 160, 167) and Atomic Century's (156, 166) as well as Rossignol S7's (159, 168). There will also be a. Please let us know in advance if you require a specific ski and CMH will try to have it available for you.

**Snowboards** We recommend that you take your own snowboard out to the lodge. CMH do however have a limited number of Burton Fish snowboards (available in 150, 156, 160 & 164) or Burton Malolo snowboards (in 162 or 166). Please let us know prior to your trip if you'd like to reserve a snowboard.

**Ski / Snowboard Boots** It is most important that you take your own ski/snowboard boots, as you can buy almost any ski equipment at CMH except for ski boots! We advise carrying your boots as hand luggage.

**Baggage** We recommend that you carry your overnight things in a small bag for your stay at the Delta Calgary Airport Hotel the night before your departure to the CMH area. Your heavy luggage can then be left on the CMH trolley downstairs in the hotel. You will be given labels for your area at the hotel and it is your responsibility to label your luggage with the name of your CMH area and your own name.

**Visa** You do not need a Visa for Canada if you are a British or European passport holder. Holders of other passports should check visa requirements at <http://www.cic.gc.ca/english/visit/index.asp>

### **When you are there**

**CMH bus transfers** If you are leaving on the standard CMH bus transfers from the Delta Calgary Airport Hotel, then please double check the bus departure times posted in the hotel lobby. If you miss the scheduled bus you will then be responsible for all extra costs incurred. NB THERE IS NO ANNOUNCEMENT WHEN THE BUSES ARE READY TO DEPART!

**Communications at the Lodge** Please refer to your detailed Confirmation of Booking to check what communications are available at each lodge.

**Money** Any trip extras (such as bar bill, shop, extra footage, massages, etc.) can be paid for by MasterCard, Visa or AMEX. CMH also accept CAD\$ and US\$ cash.

**Ski Shop** CMH have a well-stocked ski shop in each area. You can buy technical ski wear (including an excellent selection of powder ski gloves and goggles) as well as CMH branded casual clothes. The shops also stock helmets, sunglasses, custom luggage, and souvenirs, as well as a limited amount of custom boot liners and boot fitting accessories.

**Massages** CMH have one or two qualified massage therapists in each area. Bookings can be made when you get to the lodge and usually guests are asked not to book up more than two days in advance so that everyone has a chance to book. A massage of 45 minutes costs C\$80.00 (30 mins = Can \$43.00).

**Voltage** All CMH areas use 110 volts with US style power points. Hairdryers are available in all rooms.

**Tips** You are not obliged to leave a tip, nor will anyone at CMH request you to do so. However, any contribution to the Staff Box at the end of your week (which is divided equally amongst the lodge staff) is optional and much appreciated.

**Have a great trip!**