



NEW ZEALAND
ALPINE CLUB



2019 Beginners Snowcraft Course

Course Information Pack

Course Offerings	Course Offering I 27-28 July 2019	Course Offering II 10-11 August 2019
Course Timeline	Meet at Whakapapa ski field on Mt Ruapehu at 8:30PM on 26 July 2019	Meet at Whakapapa ski field on Mt Ruapehu at 8:30 PM on 09 August 2019
Course Fee	\$280 per person	\$280 per person
Summary	The course fee includes the cost of your equipment for the weekend (ice axes, crampons, helmet, avalanche safety gear), accomodation for Friday and Saturday night, and dinner on Saturday evening.	

What is this course about?

The 2019 NZAC Beginners Snowcraft Course will focus on core mountaineering skills. This course will teach you the essential skills needed for the basics of mountaineering up until the stage when rope-work is required. Rope work is the essence of the Snowcraft II Intermediate Course, which is the next step after you have completed the beginners course. Look out for an intermediate course next year.

The course is run on Mount Ruapehu over two days, and is hosted by the Central North Island NZAC Section. Each course will have a minimum of four experienced and trained instructors teaching the course. The course cost is \$280 per person, which includes the cost of accomodation, meal on Saturday, and equipment. The course is offered on two separate weekends and is a great opportunity to learn new skills and spend time with like-minded individuals.

Course Timeline

Please note, this timeline summarises the general format for the trip. The final course itinerary may vary due to any special requirements or due to changing weather conditions on the day. A finalised course itinerary will be communicated to you prior to the start of the course.

Friday: We will meet at the Emergency Shelter at Whakapapa ski field at 8:30PM. After assigning everyone with their course gear and checking over equipment, we walk up to the [Waikato Ski Club Lodge](#) where we will be based out of for the weekend. The walk up to the lodge will take approximately 15 to 30 minutes.

Saturday: There will be a full day of instruction to learn the necessary skills of moving safely up and around the mountains in moderate terrain. In the evening, we will make a shared dinner and reflect on the days learnings, spending the night at Waikato Ski Club Lodge.

Sunday: The instruction will continue, with an emphasis on applying and practicing the skills you have learned. Weather permitting, this will culminate in a walk up to dome shelter and Crater Lake at the summit of Mount Ruapehu.

What will I learn on the course?

At the end of this course, you will have learned the skills outlined below. The course curriculum will be adapted to suit the weather conditions on the weekend.

- Walking on snow and ice
- Using crampons
- Using an ice axe
- Step cutting
- Self arresting (using the ice axe to stop you falling)
- An introduction to avalanche awareness
- Using an avalanche transceiver
- General mountaineering
- Navigation
- Weather
- Emergency shelters (weather dependant)

You will also have ample opportunity to speak to the instructors about any topics you want to discuss further, including mountaineering progression, gear suggestions, local routes, climbing history, and more.

How do I register for the course?

To register for the course, please complete the registration form at the following link.

[Course Registration Form](#)

Once you have registered by completing the form, we will be in contact with you to advise of the next steps. You will be allocated a preliminary spot on your preferred course weekend based on how early you register, provided you meet the [necessary requirements](#) to attend the course. Your spot on the course will be secured once you have paid the course fee.

Payment Details

Please pay your course fees into the bank account below, with your name as your reference. Your spot will be confirmed once your payment has been received. Please feel free to get in contact if you have any questions.

Course Fee	\$280.00 per person
Account Name	NZAC - CNI Section
Account Number	03 - 0306 - 0172059 - 000
Reference	Your name

Gear List

The *minimum* gear you are required to bring on the weekend is summarised below. Please contact us before the course if you have any questions about the gear you require. This is a basic guide of what you will need to start winter climbing, we will discuss mountaineering equipment during the course.

Item	Details
Ice axe, crampons, helmet, and avalanche safety gear	These items will be provided to you on the Friday night as part of the course, but you may opt to use your own if they are suitable.
Head torch	
Pack	
Warm sleeping bag	
Stiff-soled tramping boots (waterproofed)	You must be comfortable walking in these in the snow for a whole day.
Warm socks	3 pairs.
Thermals (polyprops or merino)	2 sets.
Polar fleece top	
Shorts	To go over thermal bottoms.
Waterproof shell jacket/parka	
Waterproof overtrousers	
Gaiters	Calf-length.
Hat and Balaclava	Wool or fleece.
Gloves	2 pairs - wool or polyprop. One pair can be ski gloves.

Sunglasses	2 pairs - preferably one pair is ski goggles.
Sunscreen	
Lipbalm	
Sunhat	Baseball cap with scarf or legionnaires hat.
Water bottle	Or reservoir with thermal tube.
Personal first-aid kit	For blisters, etc.
Camera	Optional.
Hut shoes	Optional.

Some of the gear listed above will be worn on the day the rest will be carried in your pack in case the weather changes. Keep in mind that weather conditions on Mount Ruapehu can be very cold.

Food

You will need to provide your own breakfast and lunch for Saturday and Sunday along with any drinks or snack foods you would like. The kitchen facilities at the Waikato Ski Club are excellent and include tea, coffee, milo, microwave and a fridge. More details about the accommodation are listed in the [section below](#).

The food for Saturday night's meal is included in the course fee. We will divide into two groups, half to prepare the meal and the other half to do the washing up. If you have any special dietary requirements, please include these in the relevant section of the registration form so we can accommodate. Cooking and eating utensils are provided for in the lodge.

Carpooling

If you are willing to drive, or are in need of a ride, we will try assist in organising carpooling amongst the participants. Please fill out the relevant section of the registration form to indicate your interest. You will also need to allow some funds for carpooling if you choose to share a ride.

Accommodation

We will be staying the [Waikato Ski Club Lodge](#) (note that this is also known as the Waikato Tramping Club Hut). It is a large, warm and comfortable place to stay. There is a full kitchen with tea, coffee, and Milo as well as a fridge and microwave for us to use. There is also a drying room and hot showers. This is first class alpine comfort! So don't stress about being cold and uncomfortable, there are plenty of sofas and a wood burner. More information about the lodge facilities can be found on [their website](#).

Medical Conditions

In order for us to be fully informed, please make us aware of any medical conditions or medication requirements that you have by including this information on the relevant section of the registration form. If you have any questions or concerns in this regard, please don't hesitate to contact us before the course.

Course Prerequisites

To attend the Beginners Snowcraft Course, you must be a current New Zealand Alpine Club member. More information about how to join the club can be found on the [NZAC website](#). Your membership with the NZAC will expose you to a world of climbing and mountaineering opportunities and includes a lot of great benefits.

Attendees must be over the age of 18 on the start date of the course to be eligible to attend.

With respect to your fitness, you do not need to be an elite athlete, but you will enjoy the course more if you have a reasonable level of fitness. Ideally you will be comfortable hiking with a 10-15kg pack and will be comfortable in your boots for the duration of the course. Feel free to speak to us for any advice.

Contact Details and Further Information

The only daft questions are the ones you don't ask! It is sometimes too late to resolve an issue once we are up on the mountain. If you have any questions regarding gear requirements or anything else, please let us know. You can contact Stephen Lewis or Carolyn Jedd regarding bookings and payment, and contact Michael Donovan about the course programme and gear.

Please feel free to come along to the CNI Section Meetings in the time leading up to the course. These meetings will give you the chance to meet the course instructors, get to know your fellow participants, discuss any gear requirements, or ask any questions you may have. Please let us know if you are interested and we can send you the details of when and where these meetings will be held.

Course Planning and Administration

Stephen Lewis

Carolyn Jedd

Email at: snowcraft@alpinecentral.org.nz

Course Coordination and Instruction

Michael Donovan

Mobile: 021 023 91332

Email at: snowcraft@alpinecentral.org.nz
