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Climbing Photography

HOW TO ORGANISE AN ACTIVITY

This document is designed to act as an informal guide for trip leaders who are organizing and completing an alpine activity (rock climbing, ice climbing, mountaineering and ski mountaineering). It is made up of the tasks required to organise an activity, their recommended completion timings, and an example document from a past activity. It is meant to be used alongside the trip planners provided on my website.

Name:.....

Sequence of Events

1. Research the Route

1. Establish the Area of Operation (AO), including a preliminary location, activity to be conducted, and dates.
2. Once you have an idea about the activity, research the route:
 - a. Gather route information
 - b. Determine the technical level of the route
 - c. Complete the Weather History and Forecast
 - d. Complete the Avalanche Hazard Assessment
 - e. Complete the Decision-Making Framework

2. Establish Participants

1. Estimate the levels of climbing skill and physical condition required
2. Determine optimum party size and who should go
3. Complete Group Information Checklist
4. Complete Equipment and Communications Checklist
 - a. Photograph equipment
 - b. Transceiver test
5. Complete the Trip Planner

3. Complete the Trip Plan and Submit it to a Search and Rescue Contact

1. Determine all necessary known points and planning strategies for travel between them, then review plan as a whole. Note down as much of the following information:
 - a. Altitudes of your known points
 - b. Grid references of features
 - c. Approximate slope aspect and angle at a known point, if you anticipate that the contour-tangent method will be useful
 - d. Compass bearing to the next known point, if that will be your line of travel
 - e. Distance to next known point
 - f. Altitude gain or loss to next known point
 - g. Estimated time of travel to next known point
 - h. Any helpful comments or reminders for reaching the next known point
2. Complete the Trip Planner, submit it to the SAR contact, and transfer it to field notebook

4. At the Conclusion of the Activity

1. Notify the Search and Rescue contact
2. Complete Trip Report

Weather History and Forecast

Weather History and Weather Forecast:

Weather History	
Weather Forecast	

Weather Summary (Primary concerns, trends, impact on primary and alternate routes)

Recommendations

Weather Forecast Funnel

Links to Use:	What to Look For:
<p>Global Analysis:</p> <ol style="list-style-type: none"> 1. 250 hPa: GEM Height, Wind Velocity 2. 500hPa: GEM Height, 1000-500hPa Thickness 3. 700hPa GEM Height, Temperature, Dew Point Depression 4. Satellite: Water Vapor over the Eastern Pacific 5. Satellite: IR over the Eastern Pacific 6. Satellite: IR with 500hPa Contours 	<p>250hPa analysis and WV Satellite:</p> <ul style="list-style-type: none"> • Find Jet Streams • Find Centres of Jets <p>500hPa and WV/IR Satellite</p> <ul style="list-style-type: none"> • Identify Lows & Highs • Identify Rosby Waves • Identify Airmass Origin • Tight Gradients? <p>700hPa</p> <ul style="list-style-type: none"> • Find Lows & Highs • Tight Gradients and Areas of High Moisture? (Any Fronts)?
<p>Synoptic Analysis:</p> <ol style="list-style-type: none"> 1. 700hPa Analysis (large) 2. Surface Analysis (Complete) 3. IR with Surface Analysis 	<p>700hPa</p> <ul style="list-style-type: none"> • Flow: Origin Airmass? Moisture and Temperature? • Flow direction: Upslope? Downslope? • Moisture: Frontal? <p>SFC Panel</p> <ul style="list-style-type: none"> • Lows and Highs? • Associated with Upper Lows and Highs? • General Surface Flow Direction? (Low: Cyclonic; High: Anticyclonic) • Areas of Low Thickness (Cold Cores)? • Areas of High Thickness (Warm Cores)? • Any Warm Noses (Anticyclonic Curvature in Thickness Lines)? • Areas of Thickness Advection (Warm Air Advection / Cold Air Advection)?
<p>Regional Analysis – Confirm Findings:</p> <ol style="list-style-type: none"> 1. CMC Analysis 2. Current GFA (Clouds and Weather) 3. Current GFA (Freezing Levels) 4. Webcams 5. METARS and Tafs. 6. Tephigrams (Balloon Soundings) 	<p>Confirm all findings with:</p> <ul style="list-style-type: none"> • CMC Analysis • GFA • METARS • Webcams • Tephigrams
<p>Forecast:</p> <ol style="list-style-type: none"> 1. Environment Canada GEMS 2. State GFA Forecast 3. Avalanche Canada MWF 4. Tephigrams 5. TAFs 	<p>Weather Model Forecasts:</p> <ul style="list-style-type: none"> • Precipitation Amounts • General Weather – Freezing Precip? • Freezing Level: GFA • Upper Winds, Freezing Levels, and Moisture Layers: Tephigrams • Timing/intensity of Frontal Passages: TAF

Avalanche Hazard Assessment

Snowpack Structure Discussion (Snowpack Discussion, Primary Concerns, Avalanche Activity, Travel and Terrain Advice):

Current and Forecasted Avalanche Danger:

Elevation Band	Current Danger (1 st day of trip)	Forecasted Danger (2 nd day of trip)	Forecasted Danger (3 rd day of trip)
Alpine			
Treeline			
Below Treeline			

Avalanche Terrain Rating of Proposed Trip:

Route	Avalanche Terrain Rating (Simple, Challenging, or Complex,)	Empirical or Preliminary Rating? **
Primary Route Plan:		
Alternate Route Plan:		

** Empirical means the terrain has been classified by an avalanche professional. Preliminary means the terrain has been rated by the field staff that will be accessing it.

Avalanche Danger Matrix

MINIMUM <u>TRIP LEADER</u> TRAINING AND EXPERIENCE REQUIREMENTS					
Avalanche Danger*	Extreme	Online Avalanche Course	NO GO	NO GO	NO GO
	High	Online Avalanche Course	***Emergency work only. AST 1 plus experience.	***Emergency work only. AST 2 or CAA Level 1 <i>plus</i> Experience	NO GO
	Considerable	Online Avalanche Course	AST 1	AST 2 or CAA Level 1 <i>plus</i> Experience	Avalanche Professional
	Moderate	Online Avalanche Course	AST 1	AST 2 or CAA Level 1 <i>plus</i> Experience*****	Avalanche Professional
	Low	Online Avalanche Course	AST 1	AST 1 <i>plus</i> Experience	AST 2 or CAA Level 1 <i>plus</i>
	****Unknown (avalanche bulletin not available)	Online Avalanche Course	AST 1 <i>plus</i> Experience	AST 2 or CAA Level 1 <i>plus</i> Experience	Avalanche Professional
	= Follow ASP Protocols	*****Non-Avalanche	Simple	Challenging	Complex
	= Emergency Work Only				
	= No Go				
Avalanche Terrain Rating**					
<p>* Forecasted Avalanche Danger for the date(s) of the trip, as provided in the applicable Canadian Avalanche Centre or Partner Bulletin, or in a locally obtained bulletin prepared by an Avalanche Professional</p> <p>** Avalanche Terrain Ratings may be obtained from the Canadian Avalanche Centre, the applicable land manager, or from an Avalanche Professional. The terrain rating for a trip may also be pre-determined by the trip leader and verified in the field. An avalanche terrain rating assessment by an Avalanche Professional is recommended for all routine travel routes. Non avalanche terrain is identified as terrain which does not meet the criteria established under the ATES classification.</p> <p>*** Emergency work is defined as non-routine work to mitigate the potential for loss of life, injury, or catastrophic damage to the environment. It is highly recommended that an Avalanche Professional be engaged as a trip leader to facilitate emergency work under a High danger rating.</p> <p>**** When it has been determined that the avalanche danger in the terrain to be accessed is HIGH, the addition of an Avalanche Professional to the team is highly recommended before proceeding and is limited to emergency work only.</p> <p>***** The Non-Avalanche terrain designation does not meet the Simple, Challenging or Complex classifications under the ATES rating.</p> <p>***** Staff may cross through areas of challenging terrain below tree line with trip leader having AST1 training and experience provided they avoid crossing areas of challenging terrain where the chance of human triggering is the highest.</p>					

Decision Making Framework

Training and Experience Requirements:

Minimum level of training required by the trip leader to participate in the planned trip:

Route	Minimum Level of Training Required by Trip Leader
Primary Route Plan:	
Alternate Route Plan(s):	

Other Trip Related Safety Hazards

Type of Hazard	Considered, Addressed and Mitigated?

Trip Planning Decision

Route	Minimum Level of Training and Experience Met? (Yes/No)	Proceed with Planned Trip? (Yes/No)
Primary Route Plan:		
Alternate Route Plan(s):		

Signature of Trip Leader:

Date:

Group Information

Team Members

	Name	Next of Kin	Avalanche Training	Level of First Aid Training	Known Medical Conditions	Experience with mode of travel
1						
2						
3						
4						
5						

Equipment and Communications Checklist

Equipment Check

Equipment	Do you have the required and appropriate equipment for the trip?
Personal Equipment:	
Group Equipment:	
Radio / comms check?	

Emergency and Communication Equipment Check

Equipment to be Used (radio, sat phone, glow sticks, mirror)	Contact Number (if applicable):	Batteries Charged?

Check-in/Check-out

Check-in/Check-out System	
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Local Emergency Contact

Name	Contact Number

Trip Planner

Trip Date(s):

Trip Objective (Name, difficulty, popularity):

Geographical Location:

Primary Route Plan:

Alternate Route Plan(s):



Equipment

Guides:

Group:

Clients:

Maps and Topo's

Trip Report

Overview

Date:

Objective:

Participants:

Geographical Location:

Total Time:

Checkpoints:

Difficulty:

Quality of Day (starts out of 5):

[Route Descriptions](#)

The Kit

Guides:

Group:

Clients:

Gear Philosophy:

Climbing Report

Description of events, with locations, timings, thoughts, images and video:

What went well:

What didn't go well / where to improve:

Incidents / near-misses / conflicts:

Conditions Report

Approach Conditions:

Climbing Conditions:

Descent Conditions:

Weather Conditions:

Access Wildlife Alerts:

Standard Equipment Lists for Alpine Activities

Ski Touring Equipment List

Clothing

- Wool or synthetic socks and liner socks
- Long underwear top - synthetic or wool
- Light fleece or wool sweater
- Wind shell - nylon or 'Schoeller' type jacket
- Waterproof breathable jacket
- Warm insulated jacket - down or synthetic
- Long underwear bottoms - synthetic or wool
- Multipurpose stretch nylon or 'Schoeller' type pants
- Waterproof breathable pants
- Warm hat - wool or synthetic
- Brimmed cap for sun protection
- Face warmer - scarf, neck tube or balaclava
- Light gloves - wool, synthetic or leather
- Insulated gloves or mitts with waterproof outer shell
- Spare gloves or mitts
- Handkerchief

Snow Safety Equipment

- Avalanche beacon with good batteries
- Shovel
- Probe

Travel Equipment

- Skis or split board
- Ski or snowboard boots
- Poles
- Climbing skins
- Skin wax (or a candle)
- Ski crampons - optional
- Binding repair kit to fix your personal travel setup

Personal Equipment

- Pack (30-40 litres)
- Sunglasses (Having both orange and dark lenses is a real benefit for uphill travel in all conditions)
- Goggles (orange lenses)
- Sunscreen and lip cream
- Head lamp with good batteries
- Insulated water bottle or thermos
- Lunch
- Personal blister kit
- Pocket knife
- Camera - optional

Glacier Gear (if required)

- Harness - fitted for over your ski clothing
- Locking carabiners (x3)
- Non locking carabiners (x3)
- 6mm by 5m prussik cord (x2)
- 120cm sewn climbing sling (x1)
- Crampons - fitted to your ski boots (Aluminium crampons are recommended)
- Lightweight ice axe

Group Gear

- Altimeter
- Map and compass
- GPS
- Snow study kit
- Snow and/or bush saw
- First aid kit
- Emergency tarp
- Emergency toboggan
- Group repair kit
- Radio, satellite phone or cell phone
- Rope for glacier travel
- Guide book/Route description

Ski Traverse Equipment List

Clothing

- 1 - Long underwear top - (light colors good)
- 1 - Light fleece or wool sweater
- 1 - Light weight wind jacket
- 1 - Waterproof -breathable shell jacket
- 1 - Warm insulated jacket
- 2-3 Pair of wool socks and liner socks
- 2-3 Pair wool or synthetic underwear
- 1 - Long underwear bottoms
- 1 - Multipurpose stretch softshell pants
- 1 - Waterproof breathable shell pants
- 1 - Warm hat - wool or synthetic
- 1 - Brimmed cap for sun protection
- 1 - Handkerchief
- 1 - Face warmer - scarf, neck tube
- 1 - Light gloves - wool, synthetic or leather
- 1 - Insulated waterproof gloves
- 1 - Spare warm gloves or mitts
- 1 – Camp booties (optional)

Travel Equipment

- Skis or split board
- Ski boots or snowboard boots
- Ski poles
- Climbing skins
- Skin wax (or a candle)
- Ski crampons (for spring tours)
- Specific binding repair items

Glacier Gear (if required)

- Harness - fitted for over your ski clothing
- 3 - Light weight locking carabiners
- 3 - Light weight non-locking carabiners
- 2 - 6mm by 5m prussik cord
- 1 - 120cm sewn climbing sling
- Crampons - fitted to your ski boots
- Lightweight ice axe without a leash

Snow Safety Equipment

- Avalanche beacon with spare batteries
- Shovel
- Probe 2-3m in length

Personal Equipment

- Pack (60-80 litres)
- Garbage bag to line your pack

- Sunglasses (Having both orange and dark lenses is a real benefit for uphill travel in all conditions)
- Goggles (orange lenses)
- Sunscreen (60 spf+) and lip cream (30 spf+)
- Head lamp with good batteries
- Insulated water bottle(s) 1.5-2L
- Lunch bag/container (optional)
- Personal blister kit and/or tape
- Pocket knife
- Camera (optional)
- Sleeping foamy (Ensolite 5-10mm)
- Sleeping pad (Inflatable style)
- Sleeping bag (-15 to -25°C rating)
- Plastic eating cup (500 to 750ml)
- Spoon
- Personal mug (optional)
- Hygiene kit – “Wet Wipes”, toothbrush, toothpaste, floss, hand lotion
- 1 roll of toilet paper and lighter in a Ziplock bag
- Pee bottle – 1L (optional)
- Personal medications
- Lighter
- Personal liquor or treats
- Large stuff sac for carrying food

Group Gear

- Altimeter
- Map(s) and compass
- GPS
- Tent(s)
- Stove(s) and pump(s)
- Pot set(s)
- Fuel – generally 200ml/person/day
- Stove repair kit
- Snow and/or bush saw
- Snow study kit
- First aid kit
- Emergency tarp
- Emergency toboggan
- Group repair kit
- Radio, satellite phone or cell phone
- Rope for glacier travel
- Guide book/Route description

Ice Climbing Equipment List

Clothing

- Long sleeved top - synthetic or wool
- Light fleece or wool sweater
- Fleece or "Schoeller" type stretch nylon jacket
- Waterproof breathable jacket
- Warm belay jacket - down or synthetic
- Long underwear bottoms - synthetic or wool
- Fleece or "Schoeller" type stretch nylon pants
- Waterproof breathable full zip pants
- Warm hat - wool or synthetic that fits under a helmet
- Neck tube or balaclava
- Light climbing gloves - leather lined with wool or synthetic
- Insulated belay gloves or mitts - wool or synthetic with a waterproof shell
- Extra climbing gloves
- Wool or synthetic socks and liner socks
- Gaiters

Personal Equipment

- Pack (30-40L)
- Insulated water bottle or thermos
- Lunch
- Sunglasses or goggles
- Sunscreen and lip cream
- Pocket knife
- Head lamp with good batteries
- Camera - optional

Climbing Equipment

- Helmet
- Harness
- Belay device
- 3 x locking carabiners
- 3 x non locking carabiners
- Ice tools
- Crampons
- Extra picks and tools for your ice axes and crampons
- Ice climbing boots

Group Equipment

- Rope(s)
- Climbing rack and ice screws
- Quickdraws and slings
- 2 x cordelettes (5m x 7mm)
- V-thread hooker
- Cord for V-threads (1.2m x 7mm)
- First aid kit and repair kit
- Repair kit
- Emergency tarp
- Radio, satellite phone or cell phone

Rock Climbing Equipment List

Clothing

- T-shirt
- Light fleece or wool sweater
- Waterproof breathable Jacket
- Belay jacket - down or synthetic
- Climbing pants
- Waterproof breathable pants
- Sun hat
- Warm hat - wool or synthetic
- Light gloves - wool, synthetic or leather

Personal Equipment

- Pack (30 L)
- Water bottle
- Lunch
- Sunglasses
- Sunscreen and lip cream
- Pocket knife
- Headlamp with good batteries

Climbing Equipment

- Helmet
- Harness
- Rock shoes
- Belay device
- 3 x Locking carabiners
- Chalk bag
- Nut pick
- Approach shoes

Group Equipment

- Rope(s)
- Climbing rack
- Pitons and hammer (optional)
- Quickdraws and slings
- 2 x Cordelettes (5mm x7mm)
- First aid kit
- Emergency tarp
- Radio, satellite phone or cell phone
- Guide book/Route description

Alpine Climbing Equipment List

Clothing

- Long sleeved top – synthetic or wool
- Light fleece or wool sweater
- Light wind shell – nylon or ‘Schoeller’ type jacket
- Waterproof breathable jacket
- Warm insulated jacket - down or synthetic
- Long underwear bottoms – synthetic or wool
- Multi-purpose stretch nylon or ‘Schoeller’ type pants
- Waterproof breathable pants
- Warm hat - wool or synthetic
- Brimmed sunhat
- Face warmer - scarf, neck tube, or balaclava
- Handkerchief
- Light gloves - wool, synthetic or leather
- Insulated belay gloves or mitts with a waterproof shell
- Wool or synthetic socks and liner socks
- Gaiters

Snow Safety Equipment (if needed)

- Avalanche Beacon
- Shovel
- Probe

Personal Equipment

- Pack (30-40L)
- Sunglasses
- Goggles
- Sunscreen and lip cream
- Head lamp with good batteries
- Water bottle or thermos
- Lunch
- Personal blister kit
- Pocket knife
- Camera (optional)

Climbing Equipment

- Helmet
- Harness
- Belay Device
- 3x locking carabiners
- Ice tool(s) - depending on the route
- Ice axe
- Crampons
- Mountain boots
- Rock shoes (if needed)

- Extra picks and tools your ice axes and crampons

Group Equipment

- Rope(s)
- Climbing rack and ice screws
- Quickdraws and slings
- 2 x Cordelette (5m x 7mm)
- Altimeter
- Map and compass
- GPS
- First aid kit
- Emergency tarp
- Repair kit
- Radio, satellite phone or cell phone
- Guide book/Route description
- Small stove and pot (optional)
- Spare sunglasses (optional)

