



MISTAYA LODGE

where comfort, solitude, and alpine adventures meet!

Winter Catered/Guided Packing List and Info

Please keep in mind the 35 lb. baggage limit

First Layer ski clothes: synthetic or wool, tops and bottoms	Small to medium day pack (Large enough for extra layers, lunch, and personal gear)
Mid Layer ski clothes	Water bottle and/or thermos
Outer Layer ski Clothes	Sunglasses and goggles, lens cleaning cloth
Ski socks	Good Blister first aid kit (blister band aids)
Shell jacket with hood (breathable with ample pockets)	Sunscreen
Down coat or vest	Pocket knife
Shell pants or bibs (breathable with side zips)	Camera (extra batteries and/or battery charger)
Insulated side zip pullover pants (*Optional: you may wish to pull them on during lunch stops)	Small flashlight or headlamp for night use in lodge
Warm hat or toque and sun hat	Personal toiletries kit and medications
Mitts, gloves, liners ,Neck gaiter	light indoor shoes - slippers or sandals
Ski boots, skis, climbing skins, ski poles (with powder baskets)	Indoor clothing – informal
Avalanche transceiver, shovel (metal blade best) & probe (collapsible)	

Baggage space and weight in the helicopter are limited. Please do not bring rigid luggage such as suitcases and frame packs. They are difficult to pack into the rounded baggage compartments and large bags are hard on our backs. A small duffel bag, for example 12"x 20"x 12", and a daypack are recommended.

We have a simple pre-flight weigh-in procedure at the hangar. This involves weighing and each piece of luggage followed by weighing each group of passengers. Once we know these weights we gain the considerable advantage of being able to optimize the load on each flight into the lodge. We can also determine baggage weights in excess of our allotted 35 pounds per person and will ask all those with overweight luggage to leave it behind.

Please wear your ski boots, helmet and winter clothing when flying in the helicopter.

The Lodge

The lodge is solid, bright and comfortable so dress inside can be light and informal. Hut shoes are recommended, light slippers or sandals. We have several pairs of snow boots that you are welcome to use for the short jaunt to the sauna and outhouse.



MISTAYA LODGE

Box 809, Golden, British Columbia V0A 1H0 / Phone/Fax (250)344-6689
Toll Free (866) 647- 8292 / info@mistayalodge.com / www.mistayalodge.com

There are 2 washrooms in the lodge with hot and cold running water, as well as the wood heated sauna/shower house. Towels are provided, but you may prefer to bring your own soap, shampoo, and swimsuit. We fire up the sauna every afternoon before dinner. We regret that our electrical system does not have the sufficient capacity to operate hair dryers.

Gratuities

Gratuities are not included in the package price. We are often asked for guidelines regarding customary amounts. Over the past few years, tips have typically averaged 10% of the package cost. The staff pool all tips with each individual receiving a share according to workload, level of responsibility and special services provided. We are unable to accept credit cards at the lodge so you may want to bring cheques or cash to the lodge with you for personal purchases.

Scheduled Times

Alpine Helicopters Ltd provides air transportation to the lodge. The machine we usually use is a Bell 407, which carries six passengers and their luggage. All groups meet at 8:45 Mountain (Alberta) time at the Alpine Helicopter hangar at the Golden Airport. At the end of your stay, all guests will normally be back at Alpine Helicopters hangar in Golden between noon and 1 p.m.; but delays due to inclement weather are possible and we strongly advise you not to book connecting airline flights for the same day. Allow at least four hours for the winter drive from Golden to the Calgary Airport.

Safety

Backcountry skiing is a mountain wilderness experience dependent to a large degree on snow and weather conditions. We have no control over these elements and reliable prediction of them is impossible. Also inherent in any wilderness activity are risks that are beyond our control, which you must be prepared to share with us.

AS SPECIFIED IN OUR LICENSE AGREEMENT WITH THE PROVINCE OF BRITISH COLUMBIA, YOU WILL BE REQUIRED TO SIGN A RELEASE OF LIABILITY AND WAIVER. PLEASE READ THIS DOCUMENT CAREFULLY AND MAKE SURE YOU UNDERSTAND EVERYTHING BEFORE ARRIVING AT THE HELICOPTER HANGAR. DO NOT PRINT THIS DOCUMENT WE WILL HAVE A COPY FOR EACH GUEST WHEN YOU ARRIVE. YOU ARE REQUIRED TO SIGN THE WAIVER IN THE PRESENCE OF A MISTAYA LODGE EMPLOYEE PRIOR TO YOUR DEPARTURE TO THE LODGE. **THE WAIVER IS A CONTRACT THAT REQUIRES YOU TO GIVE UP YOUR RIGHT TO SUE MISTAYA ALPINE TOURS, THE PROVINCE OF BRITISH COLUMBIA AND ALPINE HELICOPTERS.** PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS.

In the event that evacuation is necessary, payment of helicopter costs will be the responsibility of the individual involved. We recommend that you review your hospitalization and ambulance transportation insurance prior to your trip to be certain that your coverage is adequate. This is particularly important for those traveling from outside of Canada. Additional coverage can be purchased through your travel agent.

Emergency Number

Communication is limited at the lodge if you wish to leave an emergency contact number with friends or family please leave the Mistaya Office number and we will relay messages. 250 344 6689

*** Smoking is not allowed in the lodge and please do not bring pets. ***



Box 809, Golden, British Columbia V0A 1H0 / Phone/Fax (250)344-6689
Toll Free (866) 647- 8292 / info@mistayalodge.com / www.mistayalodge.com