



# WINTER EQUIPMENT AND INFORMATION LIST

Please keep in mind the 35 lb. baggage limit

## Packing List

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	Empty 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 Gortex with ample pockets)	Sunscreen, lip protection
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/toque and sun hat	Personal toiletries kit and medications
Mitts, gloves, liners, neck gaiter	Light indoor slippers
Ski boots, skis, climbing skins, ski poles (with powder baskets) and ski crampons	Indoor clothing – informal
Avalanche transceiver, shovel (metal blade best) & probe (collapsible)	Light weight harness and double or triple locking Karabiner for glacier travel

## Helicopter

Please pack in a soft duffel bag no bigger than 60L and a daypack. Baggage space and weight in the helicopter are limited. Do not bring rigid luggage such as suitcases and frame packs or anything with wheels.

All luggage will be weighed before allowed on Helicopter, if you have excess luggage, you will be asked to decrease the amount before loading onto the helicopter.

- Please wear your ski boots and winter clothing when flying in the helicopter.
- Alcohol is included in your baggage weight please no glass. There is house wine and a small selection of beer available at the lodge.

All groups meet at 8:45 a.m. Mountain Standard (Alberta) Time at the Alpine Helicopters hangar in Golden. The hangar is located at the golden airport. Once on Fisher Road, cross the railway tracks, round the bend and Alpine Helicopters is the last building on your left.

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. To avoid unnecessary flights over the town site and to reduce transportation costs we provide a passenger van transfer to and from our staging area which is a 20 minute drive (or 5 minute flight) north of Golden. All guests, whether leaving the hangar in Golden, or the staging area, will have the same opportunity to experience the spectacularly scenic mountain portion of the flight to the lodge. At the end of your stay, all guests will normally be back at Alpine Helicopters hangar in Golden between noon and 1 p.m.; 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. DELAYS due to weather are possible if your flight into the lodge is delayed we wait at the hangar throughout the day until weather lifts. If there is an overnight delay extra costs are at guests' expense.

If 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.

AS SPECIFIED IN OUR LICENSE AGREEMENT WITH THE PROVINCE OF BRITISH COLUMBIA, WE ARE ENCLOSING 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.

## At The Lodge

Expect to encounter a wide variety of weather conditions (often within the same day) and select clothing that can be layered accordingly. Also plan to put on and take off outer layers two or three times each day...climbing generates heat and skiing creates a snowy, chilly breeze.

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

There are 2 washrooms in the lodge with hot and cold running water, as well as the wood heated sauna/shower house. Towels, soap, shampoo are provided. Bring a swimsuit for the sauna. 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 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.

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. \*\***

<https://mistayalodge.com/winter-equipment-and-information-list/>

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