



NATIONAL SKI PATROL
PINECREST NORDIC SKI PATROL
- FAR WEST DIVISION - MOTHER LODE REGION -



NSP COURSE #:

MOUNTAIN TRAVEL & RESCUE 1 2010

The Mountain Travel & Rescue course will provide the basic information, instruction, and opportunity to travel in the winter backcountry. It will prepare you with the basic knowledge to skillfully and safely enjoy travel in a harsh winter mountain environment.

You will be introduced to:

- Skiing & Snow-Shoeing
- Safe Route Finding
- Basic Map & Compass
- Winter Shelters
- Food & Water
- Cooking
- Clothing Specific to the Winter Environment
- Survival Skills
- Cold Weather Medical Emergencies
- Search & Rescue

This class will satisfy the Far West Division Nordic requirement for Mountain Travel & Rescue as well as provide one elective credit for patrollers seeking advancement towards Senior.

Pre-Class: Date and Location:TBD

We usually schedule at least one Bay Area pre-class and one Sonora Area pre-class a on a weeknight a couple of weeks before the class. Others dates and times may be scheduled based on availability of instructors.

MTR Field Exercises FEBRUARY 20 and 21 2010 Dodge Ridge / Pinecrest Nordic Back-Country

Registration:

<http://www.pinecrestnordic.org/mtr1>

Course Fee (Varies - see website). Includes "Mountain Travel and Rescue" text.

Contact Instructors for additional Information:

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