



NATIONAL SKI PATROL
Pinecrest Nordic Ski Patrol
– Far West Division – Mother Lode Region –
NSP Course #: _____



Mountain Travel & Rescue 1 2016

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
- ❖ Winter 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/Webex: Date and Location:TBD

We usually schedule at least one Bay Area pre-class and one Sonora Area pre-class 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 2016 Dodge Ridge / Pinecrest Nordic Back-Country

Registration:

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

See Course Website for fees and registration

Contact Instructors for additional Information:

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Jeff Gurrola: *Instructor of record*

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