



NATIONAL SKI PATROL
PINECREST NORDIC SKI PATROL
Far West Division, Mother Lode Region

Mountain Travel and Rescue 1 2019

This 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 logon info to be announced

MTR Field Exercises

March 23 & 24, 2019

Dodge Ridge/Pinecrest Nordic back-country

Registration

www.pinecrestnordic.org/mtr1

See course website for fees and to register.

To contact Instructor for additional information email Jeff Gurrola pinecrestnordic@gmail.com