



NATIONAL SKI PATROL
Pinecrest Nordic Ski Patrol
– Far West Division – Mother Lode Region –



Mountain Travel & Rescue 1 2020

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

Pre-Class/Webex: TBD

We usually schedule at least one Bay 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: March 21 and 22 2020 Location: Dodge Ridge / Pinecrest Back-Country

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

See Course Website for fees and registration

Contact Instructors for additional Information:

Course Coordination/Communications mtr1@pinecrestnordic.org

Jeff Gurrola: *Instructor of record* pinecrestnordic@gmail.com