

Sunrise Lodge Trip Summary

TRIP DATES.

- **March 2nd-9th, 2024**
 - March 2nd, 2024 - 8:00 am MST Depart by helicopter from [GAH flight staging](#) located 50 km NW of Golden BC
 - March 9th - Depart from Sunrise Lodge
- Weather permitting, occasionally flights are delayed due to poor weather conditions for as much as a day, please plan accordingly

GETTING TO GOLDEN

- Closest reliable airport: Kelowna 4 hours from Golden
- Closest major international airport: Vancouver YVR
- Please see the attached directions for the staging area

PAYMENT

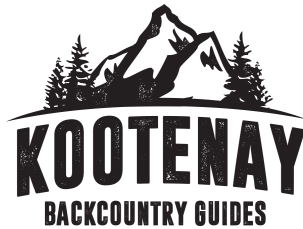
- **Trip Cost:**
- **Deposit:** 50% due at the time of booking
- **Final Payment Due:**

Trip Cancellation Insurance:

Today with the unexpected changes from COVID we strongly recommend you purchase Travel and Trip Cancellation insurance. Most providers will cover you if you get COVID and cannot join your trip. This is the safest and most reliable way to get your money back in case the unexpected happens. You may use any insurance company of your choice or you can use our preferred provider: [Sunlife Financial](#)

Included In The Cost Of The Trip:

- Guiding services
- Pre-trip support
- Trip Planning
- All meals while at the lodge (we do our best to cater to everyone's taste). If extreme dietary needs are requested additional costs might be required, please reach out if you have any questions regarding if your diet will incur extra costs.



Not Included In The Cost:

- Gratuities for staff (including cooks, guides, and custodians).
- All equipment is listed in the equipment list.
- Travel/Accommodation to and from Golden

Health & Safety Policies:

This trip is run at Vista Lodge which is owned by Golden Alpine Holidays. We are subject to their health and safety policies regarding COVID-19. Please see their policies [here](#).

We will also be following our own [policies](#).

Please note that the situation with COVID-19 is improving and these policies were built during the peak of the pandemic, managing the situation with zero vaccines available. We fully expect our policies to change and adapt to the most appropriate situation in 2023.

We will be following all public health recommendations and best practices regarding your health for this trip. After two years of safely managing the pandemic, the team at KBG is confident we will be able to run this trip safely, especially with the high uptake in vaccinations that Canada is currently undertaking.

Booking Policies: Please see our policies [here](#).



2020/21 WINTER WELCOME PACKAGE

www.gah.ca

PRE-TRIP PLANNING

WAIVER

Attached in this email will be a copy of the waiver you will have to sign in person before your trip. Please fill out the attached waiver and email it back to us with the personal information requested in it. This step is to acknowledge that you are aware you will need to sign the waiver in person and allow us to have the waiver printed and ready for signing for the morning of your trip.

- Waiver signings will begin at 8 am MST the morning of your trip GAH staging.
- There is a table for each lodge in the staging building (Quonset), please find your lodge and sign your waiver and complete the COVID-19 screening.
- GAH staff are required to witness you sign so please do not have another member of your group sign as a witness.

HOW TO PACK

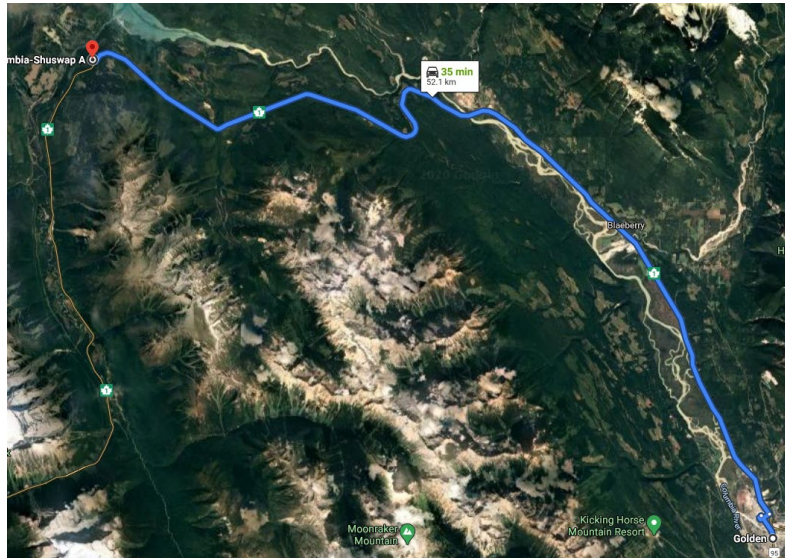
- Small duffle bag roughly 30L – NO HARD BOTTOM TRAVEL BAGS
- Normal daypack no larger than 40L
- Be ready with ski boots on before flying in
- Wearing your helmet also saves space in the Heli. Tighter packed gear results in smoother travel!
- Self Catered groups need only bring their food, dishes and kitchen tools are provided.
- Banana boxes (48cm x 38cm x 24cm) work the best to pack your food. They stack well and fit into all the spots in the helicopter smoothly
- Only one pair of skis or snowboard per person, strap poles to skis
- Keep your beer and other alcohol in a box that is well packed and secure
- FILLED CANISTERS: No compressed canisters are permitted in the cabin of the helicopter make sure that air bags are known to be that so they can be placed in the basket.



TRIP ITINERARY

DAY 1: All times listed are MST

- **8:00 AM**: Arrive at GAH flight staging located 50 km NW of Golden BC: [GAH Staging](#)



- Parking is tight! Please do your best to **CARPPOOL** with other members of your trip.
 - GAH staff will direct you where to park so that you park with all inbound trips.
 - Put on your mask (due to COVID-19 regulations masks must be worn at the staging facility and in the helicopter)
 - Put on your ski/snowboard boots and begin shuttling your gear to the helipad
 - On the way to Helipad GAH staff will check you in and ask you the following COVID-19 screening questions.
 - Have you travelled outside of Canada in the past 14 days?
 - Have you been in contact with someone in the past 14 days who has positively tested for COVID-19?
 - Are you experiencing any symptoms related to COVID-19? (shortness of breath, cough, fever, sore throat)
 - At the Helipad place your gear with the lodge sign you are attending and flag all gear with the designated flagging tape. **SUNRISE**, **MEADOW**, **VISTA**, **SENTRY**
 - Bring a bagged lunch and water for the first day in case of delays!!
- **9:00 AM**: Helicopter will arrive and commence safety briefing, flights will commence after briefing
- Typical plan is to fly in order, but this is always a moving target due to weather. It can feel pointless to wait and we understand that but to keep it moving in all situations is why all 4 lodges arrive at the same time.
 - Flight times range from 4-10 minutes depending on the lodge and weather

PACKING LIST

GENERAL	SKIING
<ul style="list-style-type: none"> <input type="checkbox"/> Skis/Splitboard: No ski bags. Split together with bindings off. Skins OFF. <input type="checkbox"/> Daypack – Max 40L <input type="checkbox"/> Beer / Booze: Cans are preferred to ensure that all of it is packed and secure separate from luggage <input type="checkbox"/> Face mask <input type="checkbox"/> Personal hand sanitizer 	<ul style="list-style-type: none"> <input type="checkbox"/> Skis/splitboard <input type="checkbox"/> Poles – attach to skis <input type="checkbox"/> Skins – in your pack <input type="checkbox"/> Boots – on your feet <input type="checkbox"/> Avalanche Probe – 300 cm!! <input type="checkbox"/> Shovel <input type="checkbox"/> Avalanche Transceiver – 3 antennae required + extra batteries <input type="checkbox"/> Helmet – wear it in Heli, saves space <input type="checkbox"/> Radio – recommended each guest carries a VHF radio, vital in communication
SKI CLOTHING	PERSONALS
<ul style="list-style-type: none"> <input type="checkbox"/> Long underwear/undershirt <input type="checkbox"/> Outer Jacket/Pants – GORETEX style shell, light with waterproofing <input type="checkbox"/> Light Down Jacket <input type="checkbox"/> Thin touring jacket – protects from elements <input type="checkbox"/> Gloves – 2 pairs, thin for uptrack/thick for the down <input type="checkbox"/> Head Gear – ballcap and toque <input type="checkbox"/> Goggles and sunglasses 	<ul style="list-style-type: none"> <input type="checkbox"/> Underwear and ski socks <input type="checkbox"/> Toiletries: toothbrush, toothpaste, floss, soap, shampoo <input type="checkbox"/> Medications, anti inflammatories <input type="checkbox"/> Anti-blister material <input type="checkbox"/> Towel + Bathing Suit <input type="checkbox"/> Hut Clothes (pack light) <input type="checkbox"/> Hut slippers <input type="checkbox"/> Outdoor boots <input type="checkbox"/> Ear plugs for snoring <input type="checkbox"/> Pre-download tunes to your device <input type="checkbox"/> Battery/Charging pack
DAY PACK – additional items	
<ul style="list-style-type: none"> <input type="checkbox"/> Lunch Container <input type="checkbox"/> Water bottle/thermos <input type="checkbox"/> Sunscreen / Lip balm <input type="checkbox"/> Headlamp <input type="checkbox"/> Pocket Knife/Screwdriver/Leatherman <input type="checkbox"/> Repair kit <input type="checkbox"/> Personal First Aid Kit <input type="checkbox"/> Extra transceiver batteries 	

LODGE INFO

ROLE OF LODGE CARETAKER/CUSTODIAN

- GAH lodge caretaker is there to make you aware of the lodge systems and create a safe environment
- The lodge caretaker is the link to the outside world and will provide you each morning with that day's weather and avalanche bulletin
- The caretaker is not a guide and will not give advice on where to tour/ski. They may choose to advise on where NOT to go given on their own personal assessment, but it is up to you and your group to make your own decisions
- Lodge rentals are required to include the caretaker in their meal plans
- There are a lot of chores to be done around the lodge and the caretaker is there to assist with them, but it will take all the group to help get them done
- GRATUITY/TIPS are appreciated. Please bring cash or share contact info for after the trip

SLEEPING

- Sheets, duvets, and pillows are provided
- Rooms are shared in groups of 2 with either bunk beds or separate single beds
- Head to toe is recommended to keep 2 m apart

ELECTRICITY

- Sentry is equipped with its own micro hydro system so charging devices is easy but please still be respectful
- Sunrise is fortunate to get lots of sun and utilizes solar panel to power lights and radio
- Generators at Sunrise, Meadow and Vista will be run for a couple hours at night to charge radios and devices.
- Priority is for charging radios at night, please bring a battery/charging pack to charge any additional devices

SAUNA/SHOWERS

- Each lodge has a wood burning dry sauna with either a gravity shower or bowls to bath
- Due to COVID-19 saunas must be used with members of your own pod and will be cleaned in between
- Bring bathing suit and towel

NAVIGATION

- Download the GAH map through the boonmaps app before you arrive
- You can track your day and locate yourself and mapped runs while in the field
- [Apple](#)
- [Android](#)

EVACUATION/TRAVEL INSURANCE

- In case of an emergency our office will contact Search and Rescue to conduct the rescue procedure
- GAH will cover the helicopter fee for evacuations related to nonemergency medical issues
- Groups are required to bring VHF radios, GAH will sign out at least one additional company radio to the group leader
- If you are unfit to attend the trip due to COVID-19 GAH will refund the helicopter fee portion of your trip
- We recommend that you purchase Cancellation Insurance the day you book your trip. You may use any Insurance company of your choice. We recommend the Backcountry Lodges of British Columbia Association. They can be reached at 1-877-542-8577 or by visiting their website at: <https://lifestylefinancial.ca/get-a-quote/blbca/>

GAH RADIO CHANNELS

CH	RX	TX	User	Location	Sequence/Tone
1	170.100	169.110	GAH	Golden	Tone 100.0
2	170.100		GAH	Simplex	

- For local radio rentals or service contact Evan at Alpine IT Services 250-344-1772