



Track Setting 101 Info Package

Introduction

One of the keys to success in ski touring and splitboarding is your ability to build a safe and efficient skin track. Setting a safe and efficient skin track can be more of an art than a science, the team at KBG are here to help you take your skin track art to the next level.

Learning Outcomes:

- What terrain should you seek and avoid while building a skin track?
- Setting the optimal skin track angle.
- How to effectively and efficiently build corners.
- So you decided to build a corner; now what?
- How to use micro features to gain efficiency.
- Using your map and the avalanche forecast to select terrain.
- Spreading out, why and why not?

Pre-Course Material

Here's a list of what you need to do before the course :

- Familiarize yourself with your gear. You do not want to be spending time in the class figuring out how your bindings work or if your skins fit your board or skis.
- Download the Avalanche Canada App. [Android here.](#) [Apple here.](#) Please be familiar with the current conditions when you show up.
- Download this [Clinometer](#). There is a similar one on Apple.

Check out the following videos and articles

- The fundamentals <https://youtu.be/3ctIZCY6-4A>

- How to make efficient corners https://www.youtube.com/watch?v=zu_KE6NggIc
- Discussion regarding efficiency https://www.youtube.com/watch?v=B0_7IsEMch0
- How to prep for kick turns <https://www.youtube.com/watch?v=pmn3lgGPKfg>
- Article on Track Setting
<https://thepowdercloud.com/learn/essential-touring-skills/how-to-set-a-skin-track/>

Meeting times and locations.

Schedule:

Coming from the West (Salmo) Side of Kootenay Pass

- **Location:** Meet at **8am PST** in the parking lot across the highway from the **Dragonfly Cafe, 413 Railway Ave, Salmo, British Columbia**. We are heading to Kootenay Pass.

Coming from the East (Creston) Side of Kootenay Pass

- **Location:** Please meet us at **9 am PST** in the parking lot on the **east side of Bridal Lake** at the top of the summit <https://goo.gl/maps/4yrKEVmjcxMDaftM9>

*****Please note our time zone is PST**

Completion of the Day: We aim to have you back at your car at the parking lot at the top of Kootenay Pass no later than 330 pm.

Track Setting 101

Equipment List

Having the proper gear will allow you to maximize your learning on this course. Please follow this list to make sure that you have all of the proper equipment.

Your preferred methods of travel:

Alpine Touring Bindings: These are downhill skis with a touring binding. Bindings come in a couple of styles:

1. Tech bindings. This binding has pins connecting with holes in your boots' toe. You need to have Tech Toe boots for these bindings to work. See [this image](#) for an idea of what we are describing. If you want a lightweight tech binding, the [Dynafit Radical](#) is a great example. The [Marker KingPin](#) is a decent choice that combines a regular releasable heel with a tech style toe piece. There are many options

available for different tech bindings and boot combinations. One challenge with tech bindings is that they do not adhere to the DIN system and can be hard to operate. The [Solomon Shift](#) binding has tried to deal with the DIN issue by making a regular binding that turns into a tech binding for the climb. Others are coming on the market that do the same.

2. **Frame Bindings** are where there is a regular toe and heel piece, but the heel can unlock. See [this image](#) for details. One challenge with frame bindings is that they are heavy. We do not recommend heavy frame bindings like the Marker Duke. These bindings are designed for very short tours of less than 45min in duration. We have seen many people unable to finish their days because they have heavy bindings.

Telemark skis: These are becoming less and less popular as the world of alpine ski touring grew as equipment has changed with innovation. This system can be challenging. Releasable bindings are highly recommended as this is a major safety advantage.

Splitboarding: This is the most effective and lightweight way to snowboard in the backcountry. As technology has improved over the last 5 years, split-boarding has been the go-to for all snowboarders in the backcountry. You need to purchase splitboard bindings. The [Spark Binding](#) set-up or the [Burton Hitchhiker](#) are the most popular. Check out [Tribute Board Shop](#) in Nelson for your splitboarding needs.

Snowshoes: We do not allow snowshoes on our Track Setting Course

Boots: Those who choose Alpine Touring will want to have Alpine Touring Boots with Vibram Soles. Please ensure that if you have a tech binding, you buy boots with a tech toe. See the (**Alpine Touring skis/bindings section for details**). Alpine Touring boots are designed for walking and skiing. They have a walk mode that allows your ankle to flex and a rocker sole for easy walking. Downhill Alpine boots are not recommended, even ones with a walk mode; these boots are significantly heavier and less comfortable than an Alpine Touring boot. We have seen many people unable to finish their days because they bring heavy boots.

Splitboarding Boots: Pretty much all snowboarding boots work with Splitboard bindings. Make sure you get boots that are designed for long walks.

Backpack: Having a properly fitting backpack is crucial to having a comfortable day in the backcountry. We recommend a pack between 30 and 45L. The best packs have compartments for your avalanche safety gear. Please make sure your pack has

attachments to carry your skis or snowboard in the event that we bootpack to a summit. Having a helmet holder is also important.

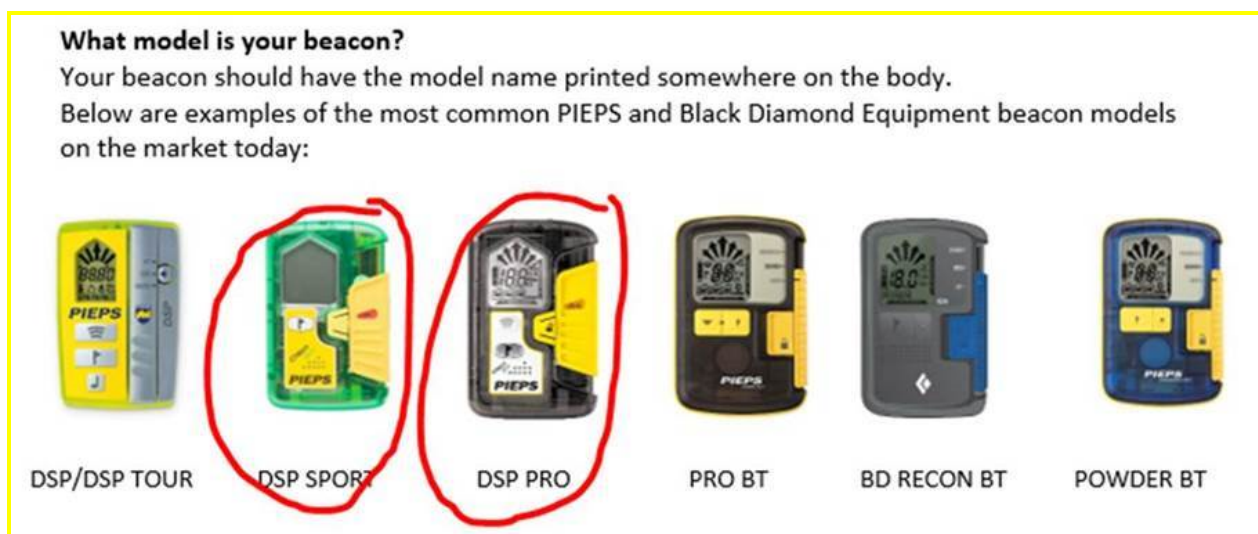
Avalanche Safety Gear:

Transceivers: You need to have a modern triple antenna digital transceiver, we do not allow analogue or dual antenna transceivers on our trips or courses. All new modern triple antenna transceivers are good. Select one that you think fits your needs. **You should be very suspicious of purchasing transceivers on Facebook Marketplace or other used gear sources. You do not know how that transceiver has been treated or how old it is.**

See [this video](#) for an overview of what to look for in transceivers.

If you are looking for a good site to check out all the different transceivers and what features are available. Go to <https://beaconreviews.com/>

Please note that if you have a Pieps DSP Sport or Pro, these transceivers have issues with their lock buttons. Please take them to your local gear shop to get them checked out.



Shovel: Shops offer a wide range of excellent shovels. Do not buy plastic or super lightweight shovels. Check out [this video](#) for what to look for in a shovel.

Probe: Make sure you purchase a high-quality probe that is easy to put together.

See [this video](#) for what to look for in a probe.

All new models have a quick snap to lock the probe in place; we do not recommend screw-in tops for avalanche probes. BCA makes great probes at a reasonable price. We recommend that your probe is 300cm or longer.

Skins: Choose a skin that is appropriate for your skis or splitboard. Make sure to follow the instructions carefully when setting them up. G3 Alpinist Skins are a great easy skin to set up; they make them for both Skis and Splitboards.

Airbag Packs: Avalanche airbags are **not** mandatory on our courses or trips. European studies show they significantly reduce your chances of being buried in an avalanche. There are many different makes and models to choose from and range from \$700 to \$1800. These can be rented from [Roam Shop](#) in Nelson B.C.

*** Please ensure that all of the above equipment is modern and in good working order. Trying out brand new boots on this course is not a good idea as you might end up with blisters that make it challenging to complete the tours.

Outerwear:

- High quality waterproof breathable shell and pants.
- Warm toque.
- Ski boots or snowboard boots.
- Helmet, which should be lightweight for carrying
- 2 pair of water-resistant gloves or mitts
- High-quality ski or snowboard socks
- Long underwear top and bottom
- A warm Puffy Thinsulate or down jacket
- Goggles and sunglasses
- Sunscreen
- Lunch and snacks
- A thermos of tea or coffee for the day
- 1 litre water bottle
- Optional. A high-quality camera
- Phone for pictures
- Always travel with a lightweight headlamp in your pack for emergency use.

Other Gear:

- A map of the local area. You should get a copy of the area that the course is taking place in. [Backcountry Skiing Canada](#) makes excellent maps for Kootenay Pass, Whitewater and the Rossland Range. These maps can be found at ROAM or Valhalla Pure in Nelson
- Download this inclinometer at [Google Play](#) or [iTunes store](#).
- Download the Avalanche Canada App. [Android here.](#) [Apple here.](#)
- It may be helpful to bring a notebook for making notes. Make sure you have a Rite in the Rain book with a good pencil.

Renting and Purchasing Equipment:

[ROAM Shop](#) in Nelson rents transceivers, shovels, and probes. They also rent tech-binding equipped touring skis, boots, poles and a wide selection of splitboards. We have teamed up with [ROAM Shop](#) to offer all registered program participants renting gear to take one day's cost of gear rented from them off the purchase price of new gear. This means you can test out gear you are thinking of buying. Also, you get a 10% discount on rentals and 5% discount all purchases of new gear at [ROAM Shop](#). Please make sure you **let them know you are a registered participant in a KBG program at the time of purchase!**

Check their rental fleet [HERE](#) and fill out the [Winter Rental Waiver Form](#) as soon as possible.
