

# Wilderness in Winter

This one day course is for dayhikers and backpackers who want to learn more about winter travel, as well as snowshoers and cross country (XC) skiers who want to increase their skill & knowledge level for winter wilderness adventures. No prior experience is necessary. This course starts at ground zero and conveys information specifically about winter travel for both one day and multiday wilderness trips. Skiing is covered extensively as it's the preferred mode of travel in winter, but hiking and snowshoeing are also covered. Can't find any snow... well, you're not looking in the right places!



Eastern Sierra Nevada, California, by Tom Beltran



10th Mountain Hut System, Colorado



Purcell Mountains, British Columbia

## Course Content

- Winter is stark, beautiful, unique, & fun
- One day & multiday wilderness adventures
- Hypothermia
- Clothing
- Hiking
- Snowshoeing
- Cross Country (XC) skiing
- Backcountry (BC) & Telemark skiing
- Alpine touring (AT) & Alpine skiing
- Ski type vs. mountain terrain
- Other Winter gear
- Lodge trips
- Hut to hut trips
- Snow camping
- Trip planning
- Navigation
- Glacier travel
- Avalanches
- Using professional guides
- Where to go locally & nationally
- 70 page notebook

## Course Details

One day classroom course, 9:00 to 4:00

Instructor:

Ted Fryberger, 443-917-2902

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CDT, Yellowstone National Park, Wyoming



Purcell Mountains, British Columbia



Fairy Falls, Yellowstone



Madison River, Yellowstone National Park, Wyoming



Knee Grinder, British Columbia