



**Youth Ski Mountaineering Camp
Mt. Shasta
June 16-21 2009**

Additional Camper Information

Glad you'll be joining us on our upcoming ski mountaineering summer camp on Mt. Shasta. Still lots of great snow on the glaciers, north facing cirques and steep couloirs.

Here are a few more bits of information for registered campers to prepare for the trip.

- Two campers will share a 3-person tent at our base camp
- Each day, 2 campers will be assigned to morning and evening camp chores assisting the Camp Wrangler
- Hand sanitizer will be available and required to be used before meals
- Quiet time at camp will be from 9:00pm until sunrise
- The angle of the sun is super high this time of year. Skiers should apply strong sunscreen in the mornings before leaving camp and re-apply 2 or more times per day
- Water purification for refilling bottles during the day will be available from your guide as well
- As with all programs, illegal alcohol consumption or substance abuse is strictly forbidden
- All directions from your guide must be followed accurately

Looking forward to seeing you at our rendezvous.

Bela G. Vadasz
ASI Director
IFMGA Internationally Licensed
Mountain & Ski Guide