



**MALLARD MOUNTAIN LODGE**  
[www.canadianadventurecompany.com](http://www.canadianadventurecompany.com)

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**PACKING FOR YOUR VACATION  
AND FOR  
FLYING IN THE HELICOPTER**

**1. INTRODUCTION**

- a. “CAC” refers to Canadian Adventure Company Holdings (2015) Ltd.
- b. You will fly to and from the Lodge by helicopter.
- c. As with all air travel, and particularly with helicopters flying in the mountains, for safety and for cost management there are limits of weight and volume.
- d. These limits are the same even if the number of guests is less than maximum.
- e. Any capacity not utilized for guest and staff transfers is used for other CAC items.
- f. The following information will help you pack and fly within the limits of weight and volume for items you bring with you.
- g. Please contact us if you have any questions on this information.

**2. PACKING LIST ~ ITEMS TO BRING AND NOT BRING**

**a. GENERAL ITEMS TO BRING**

- i. Bring every item of clothing, gear and misc. that you need for the outdoor activities and for staying in the Lodge.
- ii. For the Lodge, dress is very casual, you will only need a basic wardrobe, and you will probably only wear your casual lodge clothing for a few hours in the evenings.
- iii. There are many good checklists online that will help you put your outdoor activity and lodge items together.

**b. SPECIFIC ITEMS YOU MUST BRING (IN ADDITION TO GENERAL ITEMS) AND RELATED ITEMS THAT CAC PROVIDES**

- i. alcoholic beverages, any you want.
  - 1. To allow compression after use, beer must be in tins, wine must be “bag in box”, and all other must be in a crushable container.
  - 2. Any alcohol purchased in a non-crushable container should be transferred to a crushable container.
- ii. avalanche snow probe (winter only)
- iii. avalanche snow shovel (winter only)
- iv. avalanche transceiver (must be digital, recommended 3 antennae with marking feature) (winter only)
- v. batteries for your electronics. Charging is available at the Lodge.
- vi. bells (summer only)
- vii. food, any special items you need. Except for Self-Catered reservations, CAC supplies all general food (adjusted for allergies and diet preferences information we will ask you for at the time of your reservation).
- viii. hat or head covering to help keep ticks away (summer only)
- ix. head lamp. The buildings and pathways have solar lighting.
- x. insect repellent. People have their own preferences. (summer only)
- xi. medicine, any items you need, including an EPI Pen.
- xii. Music or movies, any that you want.
  - 1. internet streaming is not allowed.
  - 2. Bluetooth controlled speakers are in the Lodge.
- xiii. soap & shampoo (biodegradable & phosphate-free is preferred)
- xiv. shoes, light, for the pathways between buildings, which are lit, and in winter usually packed down
- xv. towel and facecloth
- xvi. whistle

**c. RECOMMENDED ITEMS TO BRING**

- i. avalanche air bag (winter only)
- ii. bug shirt &/or hood. Sometimes bugs are out. (summer only)
- iii. ear plugs (for helicopter and for sleeping)
- iv. helmet for skiing or snowboarding (winter only)
- v. name tag on car keys, which are left at helicopter hanger during your stay at the Lodge
- vi. ribbons for skiis (winter only)
- vii. summer hiking pants & shirts are best light colored, quick drying, & loose fitting
- viii. summer hiking poles

**d. ITEMS TO NOT BRING**

- i. cards & games. There are many at the Lodge.
- ii. electrical items (such as hair blowers) that draw a lot of power (the Lodge uses solar power)
- iii. ski or snowboard bags
- iv. sleeping bag. CAC supplies beds, bed linen and duvets.
- v. yoga matt and roller. These are at the Lodge.

**3. PACKING AND DRESSING FOR FLYING IN THE HELICOPTER**

- a. Each person can only bring
  - i. 1 day backpack (details below)
  - ii. 1 softshell duffle bag (details below)
  - iii. Alcohol
  - iv. 1 pair boots (ski, snowboard, or hike)
  - v. 1 pair poles
  - vi. either 1 pair skiis, or 1 split snowboard, or 1 one piece snowboard & 1 pair snowshoes.
- b. Ski and hiking poles, if collapsible, should be collapsed
- c. Snowboard bindings must be removed.
- d. For the helicopter flight, dress as you would to step out of the helicopter at the Lodge and go skiing/snowboarding/hiking.
- e. Helmets (if you bring one) must be worn for the helicopter flight.
- f. Boots can be put on at the helicopter hanger before departure.
- g. Compression bags, either flat or cylindrical (not just stuff bags) of various sizes work very well to reduce the volume of soft items in both your day backpack and your duffle bag.
- h. Day backpack.
  - i. maximum 30 liters.
  - ii. no frame or wheels
  - iii. Pack into this all items of gear that you would normally take out for your day skiing/snowboarding/hiking.
  - iv. Shorten & tie up the shoulder straps and hip straps as much as possible.
- i. Duffle bag
  - i. maximum 35 liters
  - ii. soft shell
  - iii. no frame or wheels
  - iv. Do not use another backpack.
  - v. Everything you bring goes in this, except what you are wearing to fly in the helicopter, what is in your day backpack, your skiis/snowboard/snowshoes, poles, and your alcohol.
- j. Do not have anything attached to the outside of your day backpack or duffle bag.
- k. Measuring volume. If your day backpack or duffle bag volume is not marked on its label, you can calculate volume by measuring the dimensions and referring to the following.

- i. 1 liter is 1,000 cubic centimeters or 61 cubic inches.
- ii. A 30 liter day backpack is 30,000 cubic centimeters or 1,830 cubic inches
- iii. A 35 liter duffle bag is 35,000 cubic centimeters or 2,100 cubic inches

**4. WEIGHT MAXIMUM**

- a. The maximum aggregate total weight for your day backpack, duffle bag, and alcohol is 40 lbs. This is the same regardless of your personal weight.
- b. In addition to that 40 lbs., you will have the weight of the following.
  - i. yourself dressed as you will fly in the helicopter
  - ii. your skis/snowboard/snowshoes
  - iii. your poles

**5. CHECKING WEIGHTS AND VOLUMES**

- a. In the process to set up your reservation, so that we can plan the helicopter flights in advance, we will ask you for the following weights.
  - i. Your dressed weight as you will fly in the helicopter.
  - ii. Your skis/snowboard/snowshoes/poles weight
  - iii. The combined aggregate weight of your day backpack, duffle bag, and alcohol.
- b. Before departure from Valemount at the start of your vacation, and before departure from the Lodge at the end of your vacation, everyone and everything is weighed, and volumes and packing are checked.
- c. Your personal weight is obtained so that we know the total weight for the helicopter flight, not because there is a limit on your personal weight.

**6. REPACKING AND HELICOPTER COST IF WEIGHT OR VOLUME LIMITS ARE EXCEEDED OR ITEMS ARE NOT PACKED CORRECTLY.**

- a. **Helicopters are expensive to fly. They are our biggest expense. Our prices are set, and flights are planned, based on the above weights and volumes maximums, and packing methods.**
- b. **If weight or volume maximums are exceeded, or packing methods are not followed, you will need to either:**
  - i. **repack before departure to stay within the maximums; or**
  - ii. **if helicopter flights are available for the excess, pay additional helicopter costs before departure.**
- c. **Additional helicopter costs at a minimum are \$750 plus taxes and can be more.**
- d. **Both repacking and extra helicopter costs are stressful and cause delay.**
- e. **It is best to pack properly in advance.**