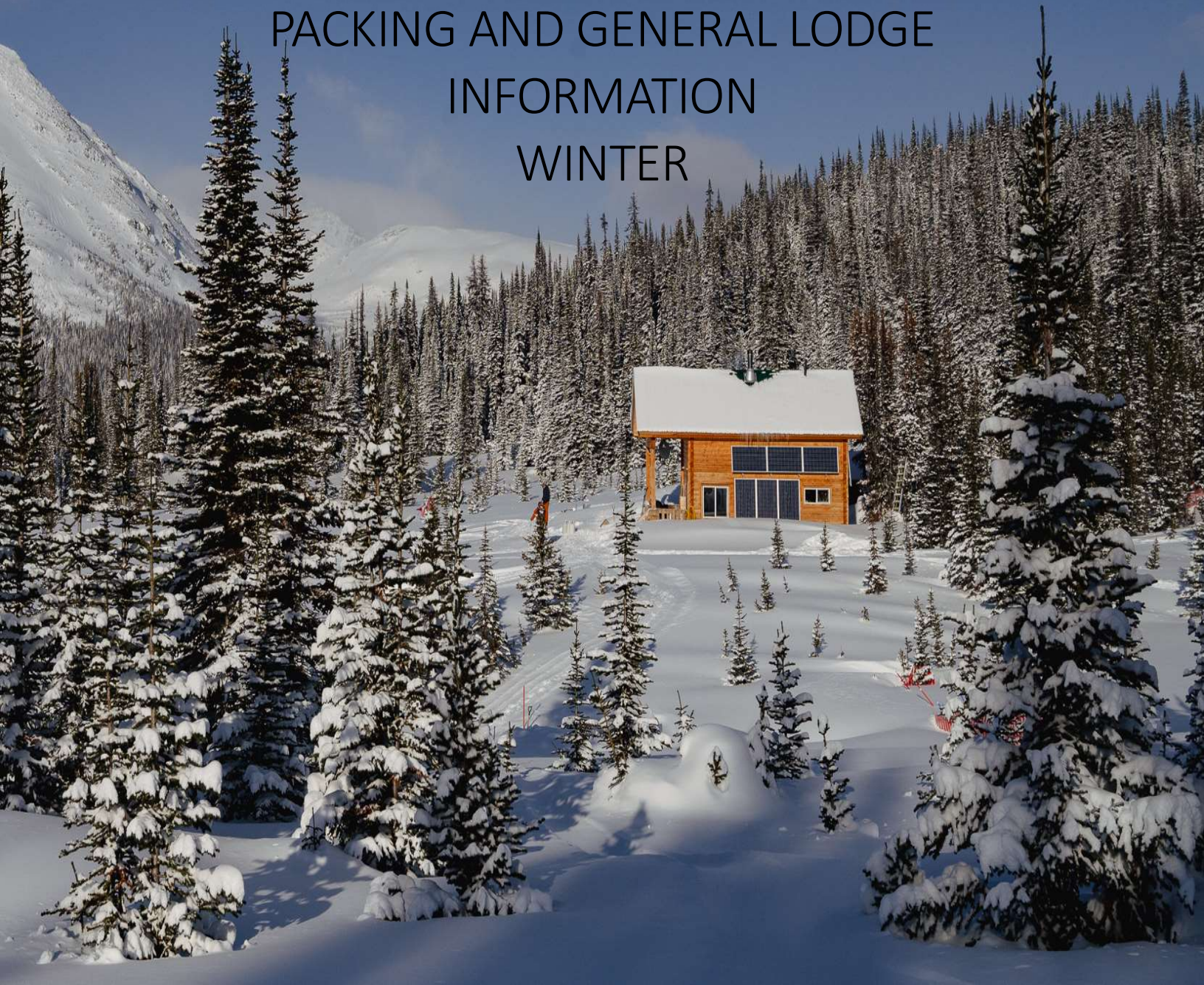


# Canadian Adventure Company's Mallard Mountain Lodge

## PACKING AND GENERAL LODGE INFORMATION WINTER





**MALLARD MOUNTAIN LODGE**  
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# PACKING AND GENERAL LODGE INFORMATION WINTER

Congratulations on booking your trip to Mallard Mountain Lodge!

This document will assist in preparing you for your trip, including important information on packing guidelines and planning.

Additional information will be sent to you in separate documents, including reservation information and a pre-trip orientation before arriving at the lodge.

The information contained in these documents is extremely important in preparing for your trip. Please take the time to review each document thoroughly.

“CAC” refers to Canadian Adventure Company Holdings (2015) Ltd.

## WEIGHT & VOLUME LIMITATIONS

All access to the lodge is via helicopter. As such, there are limitations on both weight and volume maximums of what you are able to bring into the lodge. These limitations are the same regardless of individual weight or group size and any excess space will be used for CAC items and other supplies for the trip.

The following information will help you pack and fly within the weight and volume limits for items you are bringing in with you. **Excess weight or volume outside of the limitations outlined below may result in additional helicopter costs.** See [Exceeding Weight and Volume Limits \(below\)](#).

### VOLUME MAXIMUMS

Each guest is only permitted to bring:

- 1 Duffle bag – 35L maximum
- 1 Day pack – 30L maximum
- 1 set of ski equipment – Skis or split-board, poles, boots.

- All packs and duffle bags must be a soft material, with no hard rigid frames or wheels.
- Do not have any loose items attached to the outside of day packs or duffle bags.
- Any loose straps should be removed or tied up.

### WEIGHT MAXIMUM

The maximum total weight for all of your packed gear, including day pack, duffle bag and alcohol is 40lbs. This is the same regardless of personal weight.

This does not include ski equipment and clothing being worn when flying to the lodge in the helicopter, which will be weighed separately.



## PRE-TRIP CHECK

In the process of setting up your reservation and so that we can plan the helicopter flights in advance, we will ask you for your personal weight as you will fly in the helicopter with ski boots and clothing on.

Additionally, upon arrival at the staging area and departure from the lodge, all weights and volumes of guests and gear/equipment will be weighed and checked.

Personal weights of guests are needed for the planning of helicopter flights.

## EXCEEDING WEIGHT AND/OR VOLUME LIMITS – EXTRA HELICOPTER COSTS

All of our flights are pre-planned based on the above weight and volume maximums and packing guidelines.

If either weight and/or volume maximums are exceeded or if packing guidelines have not been followed, you will need to either:

1. Repack your gear/equipment to adhere to the packing guidelines; or
2. Pay for additional helicopter costs (if helicopter is available), before departure, to accommodate for extra items.
3. Additional helicopter costs are at a minimum \$1500 plus taxes, although possibly more, depending on available machines.
4. Repacking or having to pay for additional helicopter costs is stressful and will cause delays. Please arrive packed in advance in accordance with the weight/volume and packing guidelines outlined above.

## PACKING LIST

All guests are responsible for making sure they have all of the necessary safety equipment and clothing for outdoor activities and inside the lodge. Gear and equipment should be of modern technology and inspected beforehand to make sure are in good working order.

Given the limitations on weights and volume, we encourage guests to pack as efficiently as possible to make more room for alcohol or other special items you may want to bring. Dress

inside the lodge is very casual and will typically only be worn for a few hours in the evenings, no need for lots of extra clothing! Compression sacks and Merino Wool both help immensely in reducing the volume and amount of clothing needed.

There are many general checklists online that may assist in packing for your trip.

The following is a list of the required, recommended and optional items to bring to the lodge.

#### Touring and Avalanche Safety Equipment – REQUIRED EXCEPT WHERE NOTED AS RECOMMENDED OR OPTIONAL

- Touring skis or split-board (remove split-board bindings for helicopter)
- Climbing skins
- Ski or snowboard boots
- Whistle
- Avalanche probe
- Avalanche shovel – Metal
- Avalanche transceiver – Digital, 3 antennae
- Avalanche airbag (recommended, optional)

#### General Items – REQUIRED EXCEPT WHERE NOTED AS RECOMMENDED OR OPTIONAL

- Outdoor ski clothing
- Lodge clothing
- Toiletries
  - Soap and shampoo for shower (biodegradable)
  - Towel and facecloth
  - Personal medicine, epi pens
  - Sunscreen
- Inside lodge shoes/slippers
- Ear plugs
- Movies, music (optional, download beforehand, blue tooth speakers available, no internet streaming)
- Helmet (Recommended, optional)
- Toque/hat
- Sunglasses
- Extra batteries/charging cables
- Headlamp

#### Items Not to Bring to the Lodge

- Electrical items that draw a lot of power, hair dryers, irons, etc.
- Speakers – already at the lodge
- Yoga mats/rollers – already at the lodge
- Cards and board games – already at the lodge
  - Cribbage, Scrabble, Catan, Monopoly, Articulate, Poker chips, Bananagrams, plus more.
- Sleeping bags – all bedding is provided at the lodge
- Boots for outside (to go to bathroom) – already at the lodge for guest use.

## Alcohol and Drugs

- Limitations on alcohol and marijuana use are necessary for your safety and the safety of others at the lodge and must be consumed in moderation.
- No illegal drugs are allowed at the lodge.
- No alcohol or drugs can be consumed at the helicopter base or in the helicopter.
- No alcohol or drugs can be consumed during the daily activities on the mountains.
- No vaping, and no smoking (including marijuana), is allowed in, or within 10 paces of, the Lodge or any building.
- Guests under the influence of drugs or alcohol will not be allowed in a helicopter and will be responsible for all extra helicopter costs that become necessary to transport the guest.
- Please don't bring any glass containers into the lodge. Beer must be in tins. Wine must be "bag in box" or in a crushable container. Alcohol purchased in a non-crushable container must be transferred to a crushable container.

## THE LODGE

### Arriving/Departing

Flights to and from the lodge are typically done mid-morning depending on weather and/or other flight obligations and are usually finished by around 12pm. CAC does everything it can to make flights happen efficiently and on time, however flight times may vary due to weather and atmospheric conditions.

Groups flying into the lodge will typically get out for an afternoon tour on their arrival day, after safety and lodge briefings.

Groups flying out of the lodge will not ski/board on the morning of their departure.

### Daily Itinerary

Daily itineraries can vary depending on weather and/or objectives. The following is a typical daily schedule at the lodge.

8am – Breakfast. Lunches are made after breakfast to be taken out for the day.

9-9:30am – Leave the lodge for the day. Typically, do not come back until end of day.

4-5pm – Arrive back at the lodge, depending on time of year/daylight. Appetizers served.

6-6:30pm – Dinner followed by dessert.

## Accommodations and Bedding

All guest accommodation is upstairs in the main lodge. Accommodations include - mattresses, warm llama/alpaca duvets, sheets, and pillows. **Please do not bring sleeping bags or extra bedding items.**

## Shower/Toilet

## Facilities

Upstairs in the main lodge is a “bucket-style” hot shower for guest and staff use. Toilet facilities are located in a separate heated building next to the lodge.

## Communications and Electronics

The lodge has satellite internet available for guests. As bandwidth is limited, there is no streaming or downloading of large files allowed. Please download any music or movies that you would like before arriving at the lodge.

There is a Bluetooth speaker at the lodge, as well as lots of areas for charging electronics.

A VHF radio is supplied for each group to communicate with the guide and lodge during the day. If guests choose to bring their own radios, they must get permission at the lodge for the correct frequency so as to not interfere with CAC radios.

In case of an emergency or loss of internet, there is a satellite phone and InReach device at the lodge for backup communication and safety.

## Safety Briefings and Procedures

Upon arrival for your trip there will be a number of safety briefings and procedures that will be reviewed with you. All guests must follow the orders of both CAC and Yellowhead Helicopter staff.

### Helicopter Safety Briefing

All guests will be given a full safety briefing on helicopter protocols and procedures at the staging area, before flying into the lodge. This will be done by both Yellowhead Helicopter and CAC staff.

All guests will be given a full safety briefing on helicopter protocols and procedures at the Lodge before their departure.

Typically flights to and from the lodge will remain hot. This means that the helicopter will not be shutting down between flights.

CAC staff will perform all loading and unloading of gear and equipment in to and out of the helicopter.

### Avalanche Safety Briefing

Upon arrival at the lodge and before going skiing, all guests will be given a full avalanche safety briefing and practice session, performed by the guide.

This will include an overview of safety procedures and techniques as well as a check of the required safety equipment.

### Lodge Orientation

Upon arrival at the lodge, guests will be given a full overview of the lodge and lodge area by the Lodge Manager, including operational procedures and safety protocols.

## SOCIAL MEDIA

We welcome and encourage all our guests to follow and post any social media content from their trips to the lodge. Additionally, any media taken of guests at the lodge may be used for CAC social media, either digitally or in print.

To follow or tag us please use:

Facebook – Canadian Adventure Company Ltd.

Instagram - @canadianadventurecompany

Twitter - @CanAdvCo

#mallardmountainlodge

#canadianadventurecompany