

UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program
PEOL 294/381 - SKI TOURING PREPARATION AND OUTING SCHEDULE

<http://opp.uoregon.edu/snow/snowcourses.html>

Instructor: *Michael Strong*

Office: *186 Esslinger Hall - 346-1048*

Office Hours: *3-3:50 Tuesday & Wednesday*

E-mail: mstrong@uoregon.edu

Week	Subject	Readings/Quiz Prep and Notes
Jan 9	Introduction to the course	Course packet/text at the UO Bookstore
Jan 16	Clothing and gear requirements Thermoregulation and cold injuries review	Text pages 20-22, 36-40, 71-78 Text pages 1-8
Jan 23	Skis and ski touring equipment Ski touring equipment requirements	Text pages 23-36
Jan 30	Waxing cross-country skis Ski repair kits	Text pages 46-51
Feb 6	Avalanche Safety and Awareness #1	Text pages 8-19
Feb 13	Class TBD	
Feb 20	Winter camping techniques - minimum impact concerns and assorted tips and tricks Fitness test	Text pages 59-71, 96-108 Bring running gear
Feb 27	Outing preparation X-C ski techniques readings in preparation for outing	Text pages 41-46, 51-58

SKI TOURING OUTING

Friday February 29 to Sunday March 2

Meet at the GRX breezeway at _____

March 5 Outing summary
Preparation and outing course evaluations

MANDATORY SESSION! NO EXCEPTIONS!

NOTE:

1. The course text '*Allen and Mike's Really Cool Backcountry Ski Book*' is available at the Bookstore.
2. A packet containing the worksheet, worksheet map and documents necessary for participation in the outing will be posted online.