

# Avalanche Awareness Course

## 2.5 day Avalanche Awareness Course

Avalanche training for recreational skiers with no previous avalanche training, focusing on learning the essential knowledge for off-piste skiing. This two and a half day course is provided by our Avalanche instructor 2 (NF) and mountain guides who, as well as being experts on back-country travel and safety, are also passionate skiers and mountaineers. For anyone planning to ski, snowboard or tour off-piste, this course is essential for recognising and avoiding avalanche hazards and minimising the risk of accidents.

## 1 day Foundations for Avalanche Awareness

This 1 day course is perfect as an update for your out of date avalanche knowledge, or as a introduction for someone interested in learning more about avalanche safety and no previous avalanche training is required. This is a course run on request only. We recommend all skiers should attend an avalanche course.

## Level of difficulty

Moderate level of fitness required. You need previous skiing experience. It is also highly recommended to undertake some training to build your fitness before you come.

## Duration

1 or 2.5 days

## Location

Meløy commune in Northern-Norway is situated a couple of hours drive south from Bodø and has mountains that offer a variety of possibilities.

## Accommodation

Stay nearby in a house, cabin or campsite. Contact us if you would like help. \*We may notify you of other plans.

## What to bring

You need to have suitable clothing and equipment for spending the whole day on the mountain including a small day pack to carry your safety equipment and any personal items you may need.

## Packing list

- Alpine touring and Telemark skis or Snowboards are suitable
- Snow shovel
- Ski goggles or sunglasses
- Backpack: 20-25 litre with straps for carrying skis; Thermos, food and favourite snack
- Suncream and lip salve
- Avalanche Transceiver: we recommend the BCA Tracker/Mammut Puls Element/Barryvox although other digital models are entirely suitable.
- Avalanche probe

## Price

**2.5 day Avalanche Awareness Course**  
from 1500NOK pp.

## 1 day Foundations for Avalanche Awareness

1 participant: 4500NOK pp/day  
2-3 participants: 2200NOK pp/day  
4-6 participants: 1200NOK pp/day  
\*excl.visa/mastercard payments 2.75% fee.

## Reservation/contact

+47 410 82 981 // [post@rocksnrivers.no](mailto:post@rocksnrivers.no)  
**Reservation is binding.**

