



THE WORLD'S GREATEST SKIING



CMH HELI-SKIING SNOWBOARDERS

There are some distinguishing factors to think about if you are going to be riding. Here are some tips to help you have a great experience.

1. You must be a confident and experienced rider on all types of slopes and in changing snow conditions.
2. Our guides are experts at finding the best lines available. Many of them ride as well as ski. The terrain we ride is wild. It is true “backcountry” with many variations and not always straight down. You will have the most fun if you can read the terrain. This means keeping enough speed for undulations and low angle areas and anticipating what is ahead of you. You will always need to do some traversing anytime you are in the backcountry. Expect to traverse as you approach the pick-up at the end of most runs.
3. Snowboard equipment and proper clothing can make or break your day. Please review our “Gear List” on the reverse of this page to ensure you have the right equipment.
4. The helicopter ski and board basket has limited space. At the end of each run, unless using step-in bindings, we ask you to fasten your ladder straps then fold your highback down over the straps. This helps to protect your bindings and reduces the chance of damage when being loaded in and out

of the baskets, as well as easier handling for our guides. Time spent fiddling with bindings and re-organizing the baskets due to bulky bindings will mean less turns!

5. The snow can be very deep. That is great for riding and bad for walking! If you are having difficulty and need to get off your board to walk, wading through deep snow can be very tiring and time consuming. We do not recommend that you take your board off and walk. When riding, remember to sit back on the board, put your weight on your back leg and keep the nose out of the snow.
6. The Rules of Courtesy for skiers and riders is the same. Even though snowboarders sometimes take wider turns, it is not appropriate to ride in front of someone else. Try to make your own fresh turns, at a practical width from the other tracks, in order to share the powder with others. Take turns going first and always follow the guide’s instructions.

If you have any questions or concerns please contact our reservations department (toll free) at **1.800.661.0252**

Have a great week of riding with CMH!

DO YOU HAVE A BOARD THAT'S MADE FOR THE BACKCOUNTRY?

They are generally longer, a bit wider in the nose, twin-tipped and specifically designed for powder. Free-style boards are often too short for our deep snow conditions. Swallow-tail boards are used sometimes. They tend to be quite long, are perfect for cruising and open terrain, although in trees, traverses, side slips and wind packed conditions, they are not easy to work with. A freeride powder board for backcountry riding will be your best bet.

IS YOUR BOARD SIZED CORRECTLY ACCORDING TO YOUR HEIGHT AND WEIGHT?

Do you feel like you're actually riding a skateboard? Then it's too small for you! If you stand your board on its tail your board should ideally come up between your chin and your eyebrows. This is the perfect length for riding powder. If you are unsure, seek the advice of trained personnel at your favorite snowboard shop for sizing.

DID YOU ADJUST YOUR BINDINGS FOR POWDER?

To avoid severe leg ache, adjust your stance by moving the bindings slightly towards the back of the board. More weight is put on the tail side of the board when you move the binding back and the nose will be raised. It keeps the board floating above the snow.

DO YOU HAVE SPARE BINDING PARTS?

Exotic old or new bindings can be very hard to fix when they break and you have no parts with you. We strongly recommend bringing spare buckles, ladder straps and any fasteners or bolts you think you may need to carry with you in case of failure due to extremely cold temperatures that may cause binding components to become weak or brittle. If you carry some spare parts in a zip lock bag with a multi tool, you're ready for anything.

DO YOU HAVE THE BEST CLOTHING FOR RIDING IN THE BACKCOUNTRY?

Many snowboarding outfits are suitable for ski resorts but are very poor for the use in the backcountry. Layers are a must. Capilene and fleece work well.

Your snowboard clothing should be warm, non-restrictive, breathable and water resistant or water proof. The jacket should significantly overlap the pants. A jacket with a built in "powder skirt" is an absolute must so that snow won't accumulate around the waist.

ARE YOUR GLOVES GOING TO KEEP YOUR FINGERS WARM AND DRY?

A lot of riders use the same gloves that they use in a ski resort. They are often not very warm or waterproof and only come up to the wrist. While these are fine for resort riding they will fill up with snow and get wet in our soft snow conditions. We recommend a waterproof gauntlet style glove specifically designed for powder that ends well above your wrist to keep you warm and dry.

DO YOU WEAR A HELMET?

It's a great idea but it can actually be a safety hazard if you are unable to hear the guide's instructions. Helmets that offer a low profile and a removable neoprene ear cover are the way to go for Heli-Riding. The ear guards can be easily attached or removed depending on the temperature. Some helmets cover the whole head allowing for only a very small opening around the ears. Full face helmets are not suitable. Excessive sweating and loss of hearing are often the results of wearing the wrong helmet.

*Helmets are required for all Steep Shots, Steep Camps and Free Ride programs.

Okay, read this:

1. Have a longer, twin-tipped powder board that is properly sized given the rider's height and weight.
2. Seek the advice from trained personnel when selecting equipment.
3. Adjust your stance for soft/deep snow.
4. Bring warm, non-restrictive, breathable and water-resistant clothing and a jacket with a "powder-skirt".
5. Have some good quality powder gloves.
6. Bring along spare bindings/parts as we don't carry them at the lodges.
7. If using a helmet, use one with a low profile or 3/4 coverage shell with removable ear guards.