

SNOW ACTIVITIES

The Sydney Bush Walkers' program includes snow activities, nearly always for cross-country skiing, but occasionally we get into a bit of snow shoeing and mountaineering so that most people will toss in a pair of snow shoes if they have them. Most of the time we stay at someone's lodge or a commercial place and we do day trips as the weather allows.



The more experienced will do overnight trips, camping out in the snow or perhaps a mountain hut. You should learn how to dig a snow cave properly as you never know when you will need it (make sure there is an exit hole for the exhaled carbon dioxide **below** sleeping level or you are liable to be asphyxiated as you sleep! Be mindful that Carbon Dioxide is heavier than air).

Of course some trips are actually based on snow caves which can be toasty warm in a storm, so if you like spectacular scenery, you should try this. The Alpine country is unforgettable and the basic skills are not hard to master. You'll need a snow shovel to dig a cave.

For day trips, you'll need only good bushwalking gear including a parka or something to keep the wind and rain off and light warm clothing underneath, in case the weather suddenly changes, as it frequently does. Specialty alpine sports clothes and gear can usually be readily hired. Don't forget some calories and fluid. I never venture off alone as it is more fun with someone else and you never know what is going to happen. A small backpack does not effect your skiing and means you can carry a little emergency gear, just in case.



Your first experience in the snow will probably be near a resort. It doesn't take long as your confidence and experience increases before you want to venture off piste into the wild unknown and overnight trips.

The above pictures are all taken around Jindabyne, Snowy Mountains.

You can enquire through the SBW website (www.sbw.org.au) as to what snow activities are planned for the current program. Alternatively, just join the Club and enjoy a range of the other activities and training on offer such as abseiling, canyoning, kayaking, cycling and of course bush walking.