

2024

Iglute Participant Handbook



Scouts Victoria Alpine Team
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WELCOME

Welcome to Iglute.

Iglute is a weekend long introduction to lightweight snow camping, cross country skiing, snowboarding, snowshoeing and igloo building.

We are looking forward to another action-packed event this year and we are excited to have you coming along.

As for many of you this will be your first time in an alpine environment, we have put together this handbook which outlines some key points, contains the gear and packing lists, and addresses some of the FAQs we get asked.

ATTENDANCE AT IGLUTE

Youth attend Iglute accompanied by a Leader, a registered parent helper or are hosted by another unit (The same as all state-run events, e.g. AG, Winter Gathering, VG)

The unit needs to provide their own private transport to and from Mansfield and up to Mt Stirling and down again on Sunday. Leaders / parent helpers should have sufficient on-snow experience for driving in an alpine environment (chains required to be carried) and the ability to accompany the unit and camp on-snow with them.

If you are unable to be hosted by another unit, we have limited positions available for youth to participate in Iglute in our 'Icy Orphans Patrol', please contact us via iglude@scoutsvictoria.com.au

SKI, SNOWBOARD OR SNOWSHOE?

Iglute's basecamp is located at the Cricket Pitch area. Participants need to make their way from the Mt Stirling car park at Telephone Box Junction (TBJ) by snowshoeing, split boarding or cross-country skiing carrying all their own gear in hike packs.

Hiking at altitude in snow conditions is considerably more difficult than walking on the flat at sea level. It is approximately 4km with an elevation gain of 300m.

Given TBJ is relatively low in altitude, there is a possibility that you will also need to walk the first 1km to 2kms to reach the snow line carrying not only your packs, but skis/snowshoes/snowboard as well.

Snowshoeing with a pack on is by far the easiest way for first time participants that have not skied with a pack on before to make their way to Iglute's basecamp and this is recommended by the alpine team.

For those who choose to snowshoe and are also wanting to try cross country skiing, the alpine team will be running lessons and cross-country skiing workshops at the cricket pitch Saturday afternoon and Sunday. It is recommended that these participants rent cross-country skis and shoes at TBJ and these will be transported up by the hire company to basecamp.

Any participants experienced in cross-country skiing or split boarding are encouraged to ski/board into basecamp.

SCHEDULE

FRIDAY NIGHT

Participants are to arrive at Mansfield Scout Hall from 5pm to 10pm. On arrival, everyone needs to check in and then have their gear checked off. **Event briefing will occur at 10pm and is compulsory for all participants.**

You can bed down in the hall or pitch your tent outside. (If the ground is clean, you can pitch your tent under cover in the stables). See map for details (page 13). **All tents are to be removed Saturday morning and no gear is to be left in the hall.**

Parking is limited within the scout hall grounds, please see map (page 13) for places to park.

SATURDAY

First cars will be leaving Mansfield by 7am to head up to Mt Stirling, all cars should be on the road by no later than 8am.

All cars must carry snow chains during the winter months within the Mt Stirling Alpine Resort. These can be hired in Mansfield at ski hire shops for about \$25. Also, all cars going up Mt Stirling need to pre-book the gate entry, please do this as soon as possible to not miss out.

Once your unit has its equipment sorted at TBJ, participants make their way to basecamp.

At basecamp, participants will have the afternoon to learn and practise basic snowcraft skills, cross-country skiing and snowshoeing with workshops and lessons being run on the gentler practice slopes and nearby trails and trips being run for more experienced skiers to ski to the summit.

Opening Parade will be at 3pm on the cricket pitch, all units are expected to be checked in by then.

SUNDAY

Closing Parade will be at 9am Sunday morning...

This is not the end of Iglute, Sunday is action packed with workshops, lessons, and guided trips to the summit, but having an early closing means people can leave the campsite and head back to TBJ as required.

Historically Sunday has been the best day for skiing at Iglute, and we encourage units to take full advantage of what's on offer. Most units leave after lunch time / early afternoon.

All units are required to checkout of the basecamp and also check in once reached the Mt Buller alpine resort gate. (details provided in your welcome pack)

There is no requirement to return to Mansfield Scout Hall, once units clear the resort gate they are free to head home.

EQUIPMENT & CLOTHING

While most good quality hiking/camping equipment is suitable for the Australian snow conditions some considerations need to be made. If you end up wet and cold, it is very hard to dry out and get warm in the alpine environment. **Essential items listed on the packing list are there for safety reasons.**

It is recommended that as a unit you have participated in an overnight hike and have an understanding of light weight gear, and the correct gear for your environment. We encourage units to have a night where they check each other's gear and how it's packed before attending Iglute.

TENTS, PEGS & FLOOR

Only a strongly framed and streamlined tent can easily withstand the high wind pressure and/or the accumulated snow load from a blizzard. Having a 2.5-3 person tent between two really helps living comfortably together on snow.

Ordinary short and thin tent pegs don't work very well in the snow. You will need snow pegs for all tie down points. Long (250-300mm) curved aluminium snow pegs are light and strong, alternatively garden edging pegs or PVC pipe cut to size are great budget alternatives, and if all else fails, snow gum stakes work well.

It is HIGHLY recommended that all Youth share a tent and do not sleep alone, the body warmth of 2 people in a tent makes for a much more enjoyable sleep. If you have a solo venturer, please email us iglute@scoutsvictoria.com.au and we will buddy them up with someone if possible.

A reminder to all that no leaders or adults are to enter or share a tent with a youth as per scouting guidelines.

SLEEPING BAG

Most technical sleeping bags follow the International Standard ISO 23537 to communicate their temperature ratings. This includes three unique temperature categories: **T.Comfort**, **T.Limit** and **T.Extreme**:

- **T.Comfort:** Comfort is based on a 'standard' adult woman having a comfortable night's sleep. She's wearing one base layer in a relaxed position.
- **T.Limit:** Based on the lowest temperature at which a 'standard' adult male is deemed to be able to have a comfortable night's sleep. He's also wearing one base layer but sleeps in a curled position to keep warm.
- **T.Extreme:** is a survival-only rating for a 'standard' adult woman. This is an extreme survival rating only and it is not advisable for anyone to rely on this rating for general use. There will be a strong sensation of cold which can only be endured for a limited time.

For Iglute we recommend a sleeping bag with a **T.Comfort** rating of **0 to -5 degrees** with a hood and down filled (700g recommended). Participants could work around this with a sleeping bag that has a

T.Comfort rating greater than 0 degrees (e.g. **T.Comfort 2** degrees) by wearing more clothing, using a liner and or using a blanket or quilt.

SLEEPING MAT

Modern Day sleeping mats now come with an R-value rating and most major brands now test to the international standard ASTM F3340-18. R-value is a measurement of the thermal resistance of a material, or how well it resists the transfer of heat. The higher the R-value, the more insulation it will provide.

For Iglute we recommend **an R-value rating of 5.**

This can be achieved by several ways:

- Having a mat with an R-value 5 or greater.
- Using two mats, a simple 'Blue foam mat' offer an R-value 1.5, then a second mat (most good quality mats have a rating around R-value 2.5/3)

WATERPROOF

While sunny blue-sky days are the best, most Australian alpine areas will see some snow, sleet, or rain over the course of 24 hours, it is important that you have a set of waterproof outers, both jacket and pants. It's important to remember the layering principles as you will get quite warm on the way to basecamp, so downhill ski jackets and pants are not suited as your waterproof layer but could be taken in your bag to put on once base camp is reached if you have spent the day in wet conditions in your waterproof outer layer.

Your hike pack should also have a waterproof liner (e.g. heavy-duty garbage bag). It is also recommended that your sleeping bag goes into an additional waterproof bag inside your pack.

Iglute participants need to have a pair of waterproof boots for basecamp. Most cross-country ski boots can double as 'around the camp boots' as well, but as hire equipment often is older, well worn and has small holes they will most likely not be 100% waterproof and therefore these are not a replacement for Waterproof boots.

There are 'Beanies x 2' listed on the gear list, this is essential, one beanie is your everyday all the time beanie (this may get wet throughout the course of the day), the second is your sleeping beanie, that can then be used on Sunday if your other one isn't dry.

GEAR CHECK

All gear will be checked, and bags weighed at check-in at Mansfield. We will be focusing on:

- Sleeping mats R-value rating
- Sleeping bags rating
- Waterproof outer layer and pants
- Bag waterproofing.
- Mittens / Gloves
- Beanies
- Eye protection (sunglasses / goggles)
- Overall bag weight

The alpine team will have a limited supply of blue foam mats and waterproof layers available for hire at Mansfield Scout Hall Friday evening.

Anyone without the correct equipment will not be able to head up the mountain Saturday.

GEAR LIST

ESSENTIAL ITEMS:

- 4 season tent with “bucket” floor.
- Tent carpet (foam mat, blanket, or tarp)
- Snow pegs
- Small absorbent towel (for melted snow puddles in your tent)

- Hike pack
- Hike pack waterproof liner (e.g. garbage bag)
- Sleeping bag **T.Comfort 0 to -5 degrees** recommended
- Sleeping mat **R-value rating of 5** recommended
- Sleeping mat repair kit
- Inner sheet (recommended for extra warmth)

- Waterproof boots
- Waterproof outer shell / jacket
- Waterproof over-pants
- 2 x Beanies
- 2 x Leg covering (wool/poly stretch pants or tights – not jeans or cotton)
- 2 x Light thermal under-layer, top and bottom. Keep second pair dry for sleeping.
- 2 x Polar Fleece jacket or woollen mid-layers
- 2 x Gloves or Mittens (1 pair must be waterproof, preferably both)
- 4 x Non-cotton socks – thin and thicker weights
- 2 x Underwear
- Scout Shirt and Scarf

- 2 x Water bottles or bladders (min 2Ltrs total)
- Personal First Aid Kit
- Personal Medications
- Sunscreen
- Anti-UV lip balm
- Whistle - on leash or lanyard
- Head torch (plus spare batteries)
- Sunglasses

- Self-catering all meals for weekend
- Stove, windshield, fuel, pots
- Waterproof matches or lighters
- High Energy food – bars, nuts, dried fruits, choc

- Change of warm dry clothing (leave in car for return journey)

OPTIONAL EXTRAS:

- Snow goggles
- Heavy duty garbage bags for storing gear out of your tent
- Plastic sheet or groundsheet for igloo
- Sun hat
- Snow shovel
- Multi tool, for ski and other repairs
- Aqua seal adhesive or tent repair patches for tent fabric tears
- Duct tape (for anything and everything)
- Mobile phone
- Tent pole repair kit
- \$15 for shuttle if high snow line

SKI, SNOWSHOE & SNOWBOARDING EQUIPMENT

SNOWSHOES

Snowshoes are specialized outdoor gear for walking over snow. Their large footprint spreads the user's weight out and allows them to travel largely on top of rather than through snow. They also provide added grip with claws or teeth underfoot. Adjustable bindings allow them to attach to your own waterproof footwear.

These are by far the best way for newcomers to experience snow camping, the alpine team will have a number of these to hire on Friday night. *Please also indicate on the booking form that you would like to hire some.*

SNOWBOARDS & SPLITBOARDS**

A splitboard is a snowboard that can be separated into two ski-like parts used with climbing skins to ascend slopes the same way alpine touring or telemark skis do. These are used with 'normal' snowboard boots.

Alternatively, a snowboarder can use their snowboard boots with snowshoes and carry their snowboard in.

****NOTE – These items are NOT available for hire at TBJ or Mansfield and will need to be hired in Melbourne.**

CROSS COUNTRY & ALL TERRAIN SKIS

There are two main ways to enjoy cross-country skiing (also known as "Nordic skiing"): You can either **Classic Ski** or **XCD/All Terrain (AT)** ski. With each one, your heel is always "free," and not connected to the ski as with downhill skiing.

Classic Skis are designed for skiing on groomed trails with a forward and back striding motion similar to how you walk or run. The skis are generally long, narrow and lightweight for fast and efficient skiing on groomed tracks.

XCD / Touring / Backcountry / Telemark skis are heavier, allowing more control on ungroomed tracks and off-track terrain.

All Terrain Skis are made for skiing out-of-track or on steeper terrain. They resemble a more traditional 'downhill' ski and have a similar (but different) hardshell boot. All these features make them heavier than classic skis but more suitable for out-of-track terrain. They are more suited for experienced skiers.

Most Venturers hire **XCD / Touring / Backcountry / Telemark skis**, while these skis tend to be a little heavier than **Classic Skis**, they are easier to learn on and offer extra control for beginners.

HIRING EQUIPMENT

A lot of the participants will hire their gear at the shop at TBJ on the Saturday morning. They offer Classic Skis, XCD, AT Skis, ski boots and snowshoes (Snowboard equipment is NOT available).

With a group as large as ours moving through it can take up to three hours to get everyone's equipment hired. It is **strongly recommended** that if you are an experienced skier/boarder or know you want to ski/board into Basecamp that you hire equipment in Melbourne. This will get you out on the snow quicker.

Any snowboard or splitboard equipment will need to be hired in Melbourne.

There are **NO** hire options for cross country skis in Mansfield of any kind.

Hire cross country boots are often older and have lost some of their waterproof-ness and are not a suitable substitute for waterproof camp boots.

For hire of boards/snowshoes/AT gear we recommend:

- **EMC or Ajays** hires out [ski gear](#)
- **Twelve Board store** in Richmond [hires out split boards.](#)
- **Bumps ski store** in Elsternwick hires out [Alpine Touring \(AT\) gear.](#)
- **Mac's Water Ski World** has Jones [split boards, snow shoes](#)

HOW TO TRY ON SKI OR SNOWBOARD BOOTS

A key thing to remember is that the only TWO things that go into a ski or snowboard boot is your FOOT and SOCK. You need to make sure all pants/thermals/leggings are pulled up out of the way. These items cause pressure points and pain quickly follows. When trying on boots, make sure socks are pulled up with no folds or creases. Long socks that come up higher than the boot are recommended.

FOOD, STOVE & FUEL

All food is to be self-catered for the weekend and we encourage Units within a Sub Camp to cook together in a communal camp kitchen. Snow dependant, this can be a purpose built 'snow kitchen' or Units can designate a flat area within their subcamp for the kitchen.

FOOD

Organise your food in tent pairs or with your units and decide what to bring as shared meals.

Start your day with slow-release but high-energy density foods – things like porridge or muesli with fruit and honey, made creamy with full-cream milk powder.

A good hi-carbohydrate dinner is essential for a snuggly night's sleep, no fuel in your system equals no warmth.

Ensure you have high energy food (bars, nuts, dried fruits, choc, 200g per day) to help keep you going. It is also good to have these snacks close at hand overnight, if you feel cold in your tent, have something to eat and your body's metabolism will help to warm you.

STOVE & FUEL

Liquid fuel stoves are better for snow camping at high altitudes and very cold environments. If you do use gas, choose gas canisters with the two gas isobutane/propane mix, rather than the three gas n-butane / isobutane / propane mix. The n-butane does not readily vaporise in alpine temperatures, so you may not be able to get all the gas out of your cannister. Gas canisters from brands such as Jetboil, MSR and Gasmate are designed to work in sub zero temperatures.

If your fuel is too cold the solution is to put the gas cylinder or liquid fuel bottle in your sleeping bag or outer warmth layer for 15 minutes.

Ensure you place your stove on a firm insulating layer, so it doesn't sink as the heat melts the snow below it. If cooking on the ground, make sure you cook in a 'cooking circle' where everyone sits around the stove in a circle, and people only walk towards or away from the stove, never past it so it can't be knocked over.

Never use a stove inside the inner tent as its materials are highly flammable! Using stoves in a sealed tent risks carbon monoxide poisoning from which people have died.

WATER

There are 2 large water tanks at Basecamp, these can be somewhat unreliable in winter as the taps can freeze. A freshwater creek is located 300m from camp and this is why having 2 water bottles is key. While it can use a lot of fuel, you can melt snow in your stove, but you must start with water first and add snow to it a bit at a time as it melts. Just starting with snow, the bottom layer will melt, and the rest stays frozen, and you burn your pot.

FIRST AID, WELFARE, MEDS & SAFTEY

Iglute has a dedicated onsite alpine First Aid and Welfare team that is well supported by Mt Stirling Ski Patrol.

Participants safety is paramount, and the First Aid and Welfare team will be accessible at any time for any reason throughout the event.

We ask that all participants carry a personal first kit that includes basic supplies such as band aids, space blanket and wound cleaning/sterilising, so self-management of basic minor injuries can be managed by participants within the unit, as reflective of Venturers age and experience.

Participants manage their own meds unless they need assistance or supervision, please contact iglute@scoutsvictoria.com.au to discuss.

Units will need to check in on arrival in Mansfield, then again once reaching base camp. They will also need to check out once they reach the base of the mountain on Sunday, the full procedure will be available in your welcome pack.

A reminder to all that No Leaders or Adults are to enter or share a tent with a youth as per scouting guidelines.

PLEASE ENSURE YOUR OPEROO IS UP TO DATE WITH A CURRENT PHOTO...

It's very hard to identify a Venturer from their Joey photo.

SAFTEY BEHAVIOURS

- The best ways to stay warm are to keep active, keep your body fuelled, and keep your body dry.
- Don't go to bed cold, go for a brisk walk or jog around camp, your sleeping bag is better at keeping you warm instead of making you warm.
- If you're cold in bed, eat something.
- Don't go off alone, tell someone where you are going (eg. Bathroom or back to the tent to grab something)
- When snowing, regularly give the tent frame a sharp shake from the inside to dislodge the accumulating snow to limit the build-up of the snow load on the tent.

OAS

Throughout Iglute we will cover off parts of the below OAS areas through your planning and attendance, along with workshops and training sessions across the course of the weekend.

It is recommended that participants read through the requirements for the OAS before attending the weekend. Many of the Plan> I-statements should be done before Iglute. Not all participants will cover off all the same areas.

- Alpine Stage 4 - Cross Country Skiing
- Alpine Stage 4 – Snow Camping and Hiking
- Alpine Stage 4 – Snow Boarding
- Bushwalking Stage 4
- Alpine Stage 5 - Cross Country Skiing
- Alpine Stage 5 – Snow Camping and Hiking
- Alpine Stage 5 – Snow Boarding

Prior to Iglute, you will be sent an OAS verification sheet, please read through this, and establish which parts of the **Plan** and **Do** sections need to be done prior to the event.

Please bring your verification sheet along to Iglute and fill it out as you complete the different elements of the OAS.

At the conclusion of the weekend please see one of the Alpine guides to have your verification sheet signed off by them.

You can then update terrain, uploading the verification sheet as evidence of completion for your unit councils review and sign off.

MAPS

Mansfield_scout_hall

