



## Abisko – Advanced alpine ski touring course

**This course is for those who have previous experience in alpine ski touring and avalanche knowledge and are now looking to take the next step in your development. Abisko offers the perfect ski terrain to develop and refine your summit touring skills.**

Over three intense days, we will build on your existing knowledge of avalanche safety, skiing techniques, and tour planning. After the course, the goal is for you to feel ready to plan and carry out your own dream tours. After great days outdoor, we will recover with good food and pleasant company at STF Abisko Turiststation.

*This is an alpine ski touring course, not an alpine climbing or glacier course.*

INFORMATION	
Meeting place	STF Abisko Turiststation
Gathering (time/place)	Arrival day (day 1) at 5 pm at Abisko Turiststation
End (time/place)	Departure day (day 4) at around 4 p.m. at Abisko Turiststation
Number of participants (min/max)	Minimum 3 / Maximum 6 participants.
Minimum age	18 years.

For whom?	You want to learn more about summit touring/avalanche safety and join a guide for increased safety and value.
Experience	<p>You have completed the basic summit tour course in Storulvån or Abisko, or equivalent. You need to be good skier who has gone on summit tours at least five times and have previous experience with a transceiver, probe, and shoveling.</p> <p>Good physical condition is required and you need to be able to handle physical activity for several hours/days, with ascend about 1000 meters in elevation in one day.</p>
Other	<p>The program can be changed due to challenging weather or other unforeseen events.</p> <p>Cancellation can be made up to 30 days before arrival; thereafter, no refund of the paid amount will be made.</p> <p>If the tour does not reach the minimum number of participants, it will be cancelled 30 days before the scheduled date.</p>
<b>INCLUDED IN THE PRICE</b>	
Accommodation	3 nights accommodation in a shared dorm room in our youth hostel Keron
Meals	All meals included from dinner on arrival day until lunch on departure day.
Transportation	Transport by minivan to the mountains nearby
Guide	Guide certified according to the Swedish standard Fjälledarnormen (mountain leader)
Other	Shared safety equipment (wind sacks and first aid kit)

## Preliminary program

### Day 1:

We gather in Abisko Turiststation at 5.00 p.m. for information about the program for the following days, before we have a three-course dinner together in Restaurant Kungsleden.

### Day 2-4:

Full days outdoors where we practice different techniques both uphill and downhill. Focus on efficient and energy-saving movement. We will also develop our buddy rescue skills, practice dealing with both single and multiple burials, and discuss route selection in avalanche terrain. We will also learn how to handle map and compass so that after the course, you can plan and carry out your own tours. We'll review packing – necessary and unnecessary equipment. The focus is on becoming a confident summit tourer.

## EQUIPMENT

Included equipment:	<ul style="list-style-type: none"> <li>• Wind shelter (shared among the group)</li> <li>• First aid kit (guide's responsibility)</li> </ul>
Recommended equipment:	<ul style="list-style-type: none"> <li>• Shell clothing, unlined is recommended</li> <li>• Hat (preferably two: one thinner or a headband, and one warmer)</li> <li>• Two pairs of gloves, preferably one thinner, windproof pair for the ascent and a warmer pair for the descent</li> <li>• Two base layers (synthetic or wool)</li> <li>• Wool or synthetic socks, two to three pairs</li> <li>• Insulating jacket (down or synthetic)</li> <li>• Fleece sweater or other mid-layer</li> <li>• Sunglasses and goggles</li> <li>• Headlamp with extra batteries</li> <li>• Thermos</li> <li>• Water bottle, you should be able to carry at least 1–1.5 L (insulated is optimal)</li> <li>• Sunscreen and blister tape</li> <li>• Your own preferred snacks</li> <li>• Map and compass</li> </ul>
Good to have	<ul style="list-style-type: none"> <li>• Camera</li> <li>• Insulated shorts – down or Primaloft shorts</li> </ul>

<p>Necessary ski equipment</p> <p>(Necessary ski equipment for the event is available for rent)</p>	<ul style="list-style-type: none"> <li>• Touring skis or Splitboard</li> <li>• Boots (walk mode required)</li> <li>• Ski helmet (mandatory)</li> <li>• Avalanche equipment: shovel, probe, and transceiver (analog transceivers not allowed)</li> <li>• Backpack, 35–40 liters</li> </ul> <p>If you want to book equipment or have questions about the event, email us at <a href="mailto:abisko.butik@stfturist.se">abisko.butik@stfturist.se</a>.</p> <p>As an STF member, you receive a 15% discount on rentals.</p>
<b>INSURANCE DURING STF ACTIVITIES</b>	
<p>The guide is trained in wilderness first aid and will do everything possible to minimize potential risks during the activity. However, participants should be aware of the risks they are exposing themselves to, and we require that participants have the correct equipment as outlined above, and follow the guide's instructions.</p> <p>If you are a member of STF and participate in an activity organized by STF, you are covered by an accident insurance policy during the activity. The insurance also covers children accompanying members up to the age of 15, as well as leaders and cabin hosts at STF.</p> <p><a href="#">Learn more about accident insurance for STF activities here.</a></p>	

<b>GETTING THERE</b>
<p>The easiest way to get to Abisko is by train. STF Abisko Turiststation has its own train station. You can also fly to Kiruna, and from there take a bus or the train out to Abisko.</p> <p>For more information on travel alternatives to Abisko, please visit:  <a href="https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/directions/">https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/directions/</a></p>

<b>QUESTIONS AND CONCERNS?</b>
<p>If you have any further questions, do not hesitate to contact us!</p> <p>Booking Office:  Email: <a href="mailto:bokningen@stfturist.se">bokningen@stfturist.se</a>  Phone number: +46 (0)10 190 2360</p> <p>STF Abisko Turiststation:  Email: <a href="mailto:abisko@stfturist.se">abisko@stfturist.se</a>  Phone number: +46 (0)10 190 2400</p>

