

## Suggested Check List

At any experience level, a check list can help you get and stay organized. This is a suggested check list for a more safe and enjoyable Shangrila ski trip.

Remember, Shangrila already is equipped with pots, plates, cups, glasses, cutlery (a full kitchen) and some bedding.

### Equipment

- |                         |                         |
|-------------------------|-------------------------|
| ◇ Skis                  | ◇ First aid kit         |
| ◇ Poles                 | ◇ Headlamp              |
| ◇ Boots                 | ◇ Water Bottle          |
| ◇ Skins                 | ◇ Thermos               |
| ◇ Wax kit               | ◇ Sun glasses           |
| ◇ Avalanche transceiver | ◇ Ski goggles           |
| ◇ Shovel                | ◇ Pocket knife          |
| ◇ Avalanche probe       | ◇ Toilet paper          |
| ◇ Spare ski tip         | ◇ Camera                |
| ◇ Compass               | ◇ Lighter or matches    |
| ◇ GPS                   | ◇ Lip balm              |
| ◇ Map                   | ◇ Sun cream             |
| ◇ Repair kit            | ◇ Notebook and pencil   |
|                         | ◇ Appropriate pack sack |

### Clothing

- |                           |                      |
|---------------------------|----------------------|
| ◇ Underwear               | ◇ Down jacket        |
| ◇ Wool or synthetic socks | ◇ Toque              |
| ◇ Pants                   | ◇ Mitts              |
| ◇ Overpants               | ◇ Polypro gloves     |
| ◇ Jacket                  | ◇ Gaiters            |
| ◇ Shirt                   | ◇ Spare mitts, socks |
| ◇ Pile jacket or sweater  | ◇ Spare underwear    |

### Cabin Comfort

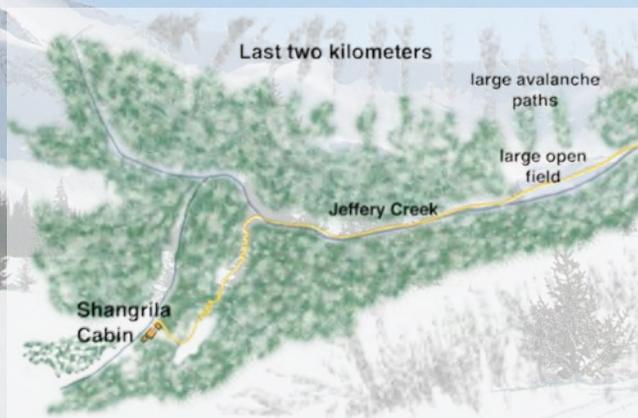
- ◇ Sleeping bag (optional)
- ◇ Your own bedding sheet and pillowcase
- ◇ Insulated booties
- ◇ Toilet kit

## Maps



Drive up the Maligne Lake Road past Medicine Lake approximately 6 Km. to a spot where you can see a couple very large rocks in the middle of the Maligne River (Rosemary's Rock). The parking lot for the winter trail is just past this spot.

A natural ice bridge forms here. Use it to cross the river.



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a quick guide to using  
the ski cabin

# Shangrila



## Wood Stove Ashes

There is a bucket and shovel in the wood shed for cleaning excessive build up of ashes in the wood stove.

These ashes can be deposited into the metal garbage can beside the grey-water drain.

Be sure they are cold and dead before dumping. If necessary pour water over them.

## Propane Stove and Heater

Instructions for the operation of these appliances are in the front of the log book that can be found on the table or under the bench seats.

When arriving at the cabin, turn on the main propane tank behind the cabin.

There is another turn-on valve behind the cook stove for the oven/stove. Turn this OFF before leaving the cabin at any time.

At the end of your visit, take note of the percentage of propane left in the main tank at the rear of the cabin. This is number to put in the Trip Report form that you will hand in with the cabin key. (Expect the number to be anywhere between 70% and 10%.)

## Lanterns

Battery operated lanterns are supplied. You'll need 3 D and 3 AAA batteries.

# Welcome to Shangrila

Shangrila ski cabin is a unique building in a unique setting. As such, it takes more care by its visitors than other cabins you may have experienced.

With the building of the new outhouse, we ask that you help the Maligne Lake Ski Club by following these procedures.

## Outhouse

Our new toilets are based on fly-out barrels. Please ONLY use the toilets for the intended purposes.

No grey water is to be poured down the toilets. No other materials should be disposed of down the toilets.

## Grey Water

Grey water is what's in the slop bucket under the sink after you wash dishes.

To the left of the outhouse steps towards the trees is a pipe rising out of the ground with a cap chained to it. This is where grey water is to be deposited.

DO NOT empty grey water into the toilets. Please strain out all food particles from the wash water before draining as grey water. There is a sink strainer that sits in the sink drain for this purpose. Please burn these particles.

If large amounts of grease are leftover during cooking, soak them up with paper towel or newspaper and burn them to reduce grease in the grey water.

## Water

Water is located down the hill in front of the cabin. You may need to take the axe to break any ice and you will need a dipper.

Please have a full supply of water on hand in case of fire emergencies.

Please empty the buckets upon departure to protect buckets from being damaged from water freezing in them.

## Bedding

The white pillow cases on the pillows are pillow protectors. Please put your pillow case over the white one.

On leaving cabin, place pillows on drying rack. Hang duvets in bags provided on drying rack.

## Your Extra Food?

Please pack out any leftover foods and garbage-when leaving.

We do not provide recycling services for you.

## Closing

### Remember to:

- ◇ lock the cabin and outbuildings
- ◇ turn off the propane
- ◇ take a reading of available propane left
- ◇ leave the cabin clean and swept
- ◇ return the key to avoid the \$25 replacement cost...