



EXCHANGE DAY GUIDELINES

WHAT TO WEAR TO THE HELIPAD

Dear CMH Guests:

We're thrilled you're joining us on an upcoming trip and are sending you this friendly note to ensure you're prepared for the whole experience - which includes your exchange day helicopter flight into the lodge.

Many of the CMH helipads are in remote locations with minimal services. It is possible that you could be exposed to cold temperatures and mountainous conditions over the course of your exchange. Together with our partners at Alpine Helicopters, we've developed the following guidelines to prepare you for the weather you could be exposed to during exchange day events. These guidelines are intended to ensure your safety and comfort and support an efficient transfer day into the backcountry.

Whether you're a long-time guest or it's your first time visiting CMH, please pay careful attention to the following guidelines.

WE ASK THAT ALL FLY-IN GUESTS COME PREPARED TO THEIR SCHEDULED HELI-TRANSFER WITH THE FOLLOWING WINTER CLOTHING:

FOOTWEAR	✓	Sorel-style winter boots, winter-rated hiking boots, insulated rubber boots	✗	Runners, sneakers, loafers, sandals, dress shoes
HEADWEAR & GLOVES	✓	Toque, woolen hat, ski gloves or mittens	✗	Ball caps, visors, headbands
JACKET	✓	Shell or insulated jacket (insulated mid-layer recommended when wearing shell)		
PANTS	✓	Long casual pants, base layer (long underwear)		
OUTDOOR PANTS	✓	Ski pants - MUST be available to put on at the helipad		

FAILURE TO WEAR THE REQUESTED ITEMS LISTED MAY RESULT IN TRANSFER DELAYS

CMH Heli-Skiing and/or Alpine Helicopters reserve(s) the right to hold back guests who choose not to comply with the dress code stated in the above guidelines.

Come prepared, stay warm, and help us get you skiing sooner. We appreciate your attention to this request.

Thank you from CMH and Alpine Helicopters!