



APEX BASE COURSES: CROATIA AND BRENTO

WELCOME TO APEX'S EUROPEAN FIRST JUMP COURSE IN ISTRIA, CROATIA AND A COURSE AT THE TERMINAL WALL IN ITALY, MT. BRENTO!

PREREQUISITES:

All students taking the Croatia FBJC course must arrive with at least 200 previous skydives. You also must have your own BASE gear. A proficiency in canopy control and accuracy with regards to your skydiving is very highly recommended. Although we require 200 skydives, we strongly recommend 1,000. There should never be a rush to get into the sport of BASE jumping. You have your whole life to enter the sport, and you cannot prepare enough prior to entering this next step in your jumping career.

For the Italy portion of the course, in addition to the requirements of the Croatia course above, you will need a second rig, which you can rent from us if necessary. You will need an entry level 2 piece tracking suit with an absolute minimum of 30 skydives on the suit you will be jumping. We recommend the Phoenix Fly Tracking Suit for learning to fly your body before moving on to the larger suits. We do require proof from one of our qualified tracking coaches available around the World as to your proficiency.

ABOUT THE BRIDGE IN CROATIA AND THE CLIFF AT MT. BRENTO:

The Croatia bridge is near the village of Kanfanar on Croatia's beautiful Istrian peninsula.

The owner of the land beneath the bridge has been putting an amazing amount of work into the facility he has built in Kanfanar, which has come to be known as the "BASE House." The BASE House has several great amenities: a pendulator for exit practice, a comfortable classroom, a hanging harness and a packing area with a padded floor. There is also a common kitchen and bathrooms. Students and instructors will stay at the owner's comfortable nearby hotel.

Near the town of Arco, there is a world famous BASE jumping exit from Mt. Brento. The Cliff itself is overhung for the first 1,000 feet and it is 2,000 feet overall. There is then a sloping forest for another 1,000 feet to the grassy landing area. It is a wonderful first cliff which is why it has become a World famous destination for BASE jumpers.

Across the street from the landing area is the BASE jumper hangout and packing area, a classic Italian coffee shop, the Zebrata bar and cafe.

WHAT'S INCLUDED:

The Croatia course includes:

- All pre-course material
- Supervised packing
- On-site instruction
- Video debriefs of every jump
- All of your course video
- 15-25 BASE jumps (depending on how fast the jumpers pack and the weather)
- BASE house use facilities-covered padded packing area, student room, pendulator, and kitchen.
- An Apex goodie bag (that includes a t-shirt, pull-up cord, stickers, Apex logo matches and BASE postcard)

Gear and course package discounts available* (Gear, food, lodging and travel expenses are not included.)

You should arrive at the course with the necessary equipment for your own safety: a helmet and boots. Knee pads are optional but highly recommended.

*When you order Apex gear prior to the course, it qualifies you for a 5% discount on both your gear purchase and a 5% discount on the cost of the course. You must place the order directly through the manufacturer – Apex BASE in California – to receive this discount.



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The Brento Course Includes:

- A thorough site assessment and landing area walkthrough
- 8 jumps
- 8 bus tickets for the ride to the exit point, for each of your 8 jumps
- On-site instruction
- Video debrief of each jump
- All of your course video

(Gear, food and travel expenses are not included.)

Recurrency Auditing

Any of our past students who would like to join us for the Croatia course are welcome. The cost for returning students is 440€.

If you are an experienced jumper wanting to join us for just the Brento course, you need to have attended either the Apex BASE FJC or an approved FJC—we will ask for references. You must also be current BASE jumping (an advanced course with us within 6 months prior to Italy or you must attend the Croatia portion of the trip). You also need to have a basic tracking suit, we recommend the Phoenix Fly Classic Tracking Suit. Prior to attending, you must have a minimum of 30 skydives in your tracking suit and be checked off by one of our tracking coaches near you. moab@apexbase.com

We will not allow one piece track suits or wingsuits for Brento if this is your first time here with us. For returning students to Brento, we are happy to discuss suit options.

COURSE COST INFORMATION:

Nine Day FJC Course in Croatia Cost:

The total cost of the first BASE course is 1,150€ (cash price).
Gear, food, lodging and travel expenses are not included

Four day Brento Cliff Course Cost:

The total cost of the Italy course is 800€ (cash price).
Gear, food, lodging and travel expenses are not included

Package Deal FJC Course+Brento Cost:

Total cost is 1,600€

FBJC Returning Student cost:

Total cost is 250€
Gear, food, BASE House fee, lodging and travel expenses are not included

DEPOSIT, PREPARATION AND REQUIREMENTS:

Deposit & Balance Payments

A deposit of 400€ is necessary to secure your slot for the Croatia course. A deposit of 300€ is necessary to secure your slot for just Italy. A deposit of 700€ is necessary to secure your slot for both Croatia and Italy. A deposit of 200€ is necessary for returning Apex students wanting to join the Croatia course. These deposits are non-refundable but they are transferrable or can be applied to any future courses.

You can pay the remaining balance:

- In Croatia and/or Italy (using cash or Traveler's Checks)
- Prior to your arrival at the bridge, using Venmo
- Regretfully, we do not accept credit cards.

Preparation:

• Read the manual carefully. This is the information we will cover during the course on handling malfunctions, basic canopy control, advanced canopy control, drills, ethics, gear, etc.. There is a LOT of information and being a bit familiar with the material will help you to understand it better when we cover it during the course.

• Watch the packing video and practice your pack jobs. The more proficient you are when you arrive, the more readily you will pick up the finer points of a pack job at the course. (This also translates into making more actual jumps during the course if everyone is packing reasonably fast.)



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• Do the canopy drills found in the course manual while skydiving. It is easier and safer to do these drills at altitude while skydiving than to attempt the various flight modes at the lower height of the bridge.

Requirements:

- A minimum of 200 skydives
- Your own BASE gear for the Croatia course
- A second rig for the Italian course, which you can rent from Apex
- Packing Clamps
- An external Mac compatible hard drive for us to upload all of your course video. We video every jump and a lot of the overall experience which you will want to have for future reference and to blast out on social media:

FBJC CROATIA AND ITALY ITINERARIES:

FJC (Croatia) Itinerary:

Day 1

We will meet in the town of Kanfanar at Caffe Bar Dvigrad (one block from hotel) at 3pm on the first day for a meet and greet. This is all we will do that day, which will give you one night to relax and shake off any tiredness (or jet lag, if you're coming from across the pond). The FBJC is very intense. We need you operating at 101%. Then we will head out to the hotel to take care of course balances and waivers.

Day 2

- We meet at the BASE House in the morning for gear checks and to begin the packing portion of the course.
- In the afternoon we will begin the ground school which covers everything you need to know to jump this object safely: pendulator exits, possible malfunctions, canopy control, landings, weather conditions, gear checks and much more.
- We will then proceed out to the Limska Draga Bridge to do a live site assessment. At this time we will then walk the landing areas and discuss various approach/landing procedures and options.
- If there is time, we'll make our first jump of the course: a sunset load. You'll start with a pilot chute assisted (PCA) jump. A PCA jump will give you maximum canopy time to safely set up for the landing.

Day 3-7

- The jumping begins in earnest. We always like to start our day with a jump. It's better than a cup of espresso!
- You will do your second PCA, we require a minimum of 3 PCA's at this bridge to get you ready for hand held (PC in hand) jumping
- We pack. Each time we pack, you will be supervised in and instructed on the various packing methods that are used in BASE jumping.
- We will video debrief after every jump.
- We will jump all day, weather permitting. If there is bad weather, we will meet in the BASE House classroom for ground-school instruction.
- Throughout the course you'll learn about how to assess different jump conditions. You'll learn to correctly Pilot Chute Assist another jumper, set up a static line and correctly configure yourself for handheld jumps and to safety check others.
- We will also do a specific succession of basic canopy drills to prepare you for the range of potential situations you'll encounter in your BASE career.

Day 8 - Theory and Weather Day

• If we encountered weather during the week, we will use this day to work on more drills.

- Throughout the course, we continually build on our knowledge. If we did not encounter weather, in the morning we will cover what is left of the theory. During the course, we will cover the following topics and more:
 - How to determine if a site is conducive to jumping
 - How to determine the altitude of a jump
 - Running v.s. poised exits
 - Whether to go stowed or handheld
 - What it takes to jump from the other categories of objects in BASE jumping. We'll discuss jumps from cliffs, antenna towers, buildings and "other" objects such as cranes and smokestacks
 - We'll teach you how to set up static line jumps and how to do pilot chute assisted jumps, both for lower objects
 - The slider-up pack job
 - BASE ethics and more



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- We'll also engage in detailed discussions of BASE equipment from the current state of the art options available to rigging aspects of the gear:
 - How to choose pilot chute size based on canopy size, delay, ultralite or standard weight, etc...

• Around noon, for those only taking the FBJC, the course is now complete. Congratulations!

• For those continuing with Apex to Italy, the afternoon is free: you can either decide to jump on your own or take the rest of the day to relax. If you are up for an adventure Kanfanar is only a half hour from the beautiful sea coast, the food is amazing everywhere.

Day 9

• We will pack slider up for Brento in the morning. By 11 am we will start our journey towards Italy. Once we arrive in Brento, we will check you into your apartments and you will have the rest of the evening off.

Italy Itinerary:

Rest Day

Day off. Enjoy the area and explore. There are castles, the beautiful town of Arco, on the shore of Lago De Garda, the largest lake in Italy. Eat gelato.

Day 1

At 9am, we will meet at the Zebrata cafe, across the street from the apartments as well as the landing area for a meet and greet. We will take care of outstanding balances and fill out waivers at this time. We will then pack for slider up, we will discuss the jump, and walk the various landing areas, going over approach patterns, etc... We will also go over malfunctions, exits, tracking positions, and everything else you need to jump this cliff safely.

Days 2-4

Each morning we will make 2 jumps. Having 2 rigs allows us to comfortably make both jumps before the winds come up in the middle of the day, which pretty much happens every day like clockwork, due to the cold lake and the warmer land creating an adiabatic wind condition. After our 2 jumps, we will do a video debrief of everyone's jumps and pack both rigs for the jumps the following morning. We will then break for the rest of the day to explore the area or do whatever you would like. On the 24th, the course ends after the jump debrief of the morning's jumps, approximately at noon.

MAKING TRAVEL ARRANGEMENTS:

When you sign up, we'll be in touch with you about travel arrangements.

We are working hand-in-hand with the owner of the land below the bridge. He has been putting an amazing amount of work into the facility he has built in Kanfanar, which has come to be known as the "BASE House." The BASE House is a bunkhouse with several great amenities: a pendulator for exit practice, a comfortable classroom, a hanging harness and a packing area with a padded floor. The owner also owns a small hotel in Kanfanar.

We will travel by rental cars from the bridge to the cliff in Italy, it is about 5 hours. Our apartments there are right near the landing area.

SUGGESTED PRE-COURSE CANOPY DRILLS:

Here are some canopy drills you can practice at your drop zone before attending the Apex FBJC.

Important notes:

• **These drills should not be executed on a high-performance 9-cell.** Drill these using a seven-cell canopy with an appropriate wing loading.

• **Do not practice these maneuvers under 2,000 feet AGL while skydiving.**

The Drills:

Step One:

• As soon as you open, **practice turning your canopy around 180 degrees instantly with your rear risers**, both to the right and left, on different jumps. Do this immediately, before un-stowing your brakes.

• Then — still without un-stowing your brakes — **practice backing your canopy up with your rear risers**. You are not backing your canopy up until your pilot chute is in front of your canopy. This maneuver is scary at first, but you must become comfortable with this flight characteristic.



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• Next, **unstow one brake and try to counteract the turn with the opposite riser.** This is simply an exercise to familiarize yourself with the flight characteristics of your canopy in this configuration (for instance: if you should experience a jammed control line).

Step Two:

• You should now un-stow both toggles.

• **Practice flying your canopy around with your rear risers.** Fly forward in full flight and simulate that it is time to land. See how little riser input is required on both rear risers to flatten the canopy out to land. (A little riser input equals a lot of toggle.)

• **Watch that stall.** It should be noticed at this time that the canopy goes from a flat glide to a stall configuration very quickly. If you are near the ground, this could have very serious consequences. This is the biggest problem with landing on rear risers: you can only flatten the glide slope out with the rear risers; you really can't do a nice flared landing, so always expect to run out your landing or do a good PLF. It is better to just practice this up high and find the stall point. Save the actual landing for occasions if and when you need it, as we try to never endanger ourselves for the sake of the drill.

• **Practice your flat turns.** Oftentimes in BASE, we need to turn but don't have enough altitude to do a normal toggle turn. In this case, we do what is called a "flat turn." To do a flat turn, simply give just a bit of counter toggle input. If you want to do a right-hand flat turn, pull down the right toggle as much as needed while pulling the left-hand toggle down just a little bit. This left toggle is preventing the left side of the canopy from flying at full flight, thus preventing the steeper diving turn associated with a single-toggle (normal) turn.

• **Work on getting the balance right for the flat turn.** The trick is just to pull down the opposite toggle a couple inches, not a foot or more. If you pull down too much on the opposite toggle, the canopy either won't turn at all or it will turn so slowly that you will waste all of the altitude you are trying to save in the first place.

HOW TO OPTIMIZE YOUR EXPERIENCE:

Arrive with a working knowledge of the BASE pack job.

We can not emphasize this enough. Watch the video that we've sent you and practice, practice, practice. What you see in the video is exactly what we will be teaching you. If you arrive with a working knowledge of packing, you will save a lot of time throughout the weekend, resulting in more head space and a much better understanding of a BASE pack job. We will simply be fine-tuning your pack job (as opposed to starting from scratch). Jumpers arriving with absolutely no idea of how to pack spend most of their time struggling with the pack job instead of being able to focus on the jumping.

Watch your local rigger pack a reserve, if possible.

Most riggers pack almost identically to a BASE pack job up until it starts getting S-folded for the free bag. You can also ask any local BASE jumpers in your area to let you watch them pack.

Read and re-read the manual you will be sent.

We will be giving you a LOT of information during your on-site course, all packed into a 3-day weekend. Having familiarized yourself with this information prior to arriving will make it much easier for you to digest. The manual covers all of the basics. During the course, we expand on this information with real-world situations and a lot of stories to reinforce each section.

Get some seven-cell canopy time under your belt.

Doing Canopy Relative Work (CRew) is a great method. CRew is great practice for BASE jumping, because you are using your risers a lot and also seeing how your canopy reacts to toggle inputs. Landing a seven-cell is best practiced on a nice grass lawn at the local DZ that you are familiar with. The bridge has an excellent landing area, but in the event of a problem, you may have to land in one of the alternate landing areas (which are good, but not great). Be prepared.

WEATHER NOTES:

Please note that our jumping schedule depends entirely upon weather conditions. Croatia's weather is generally mild, but—for your safety as well as ours—we will not make jumps when the weather does not safely permit it. In October, the weather should be extremely pleasant and conditions should be excellent for both Croatia and Brento, which is why we generally pick this time of the year, but, obviously, we just never know for certain until we are there.



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