

Go Girl!

Women's Ice Climbing Intro



Sunday, February 17, 2008
9:00 am - 5:00 pm

HERE'S WHAT TO EXPECT:

Learn to climb on vertical ice in a beautiful, natural setting with friendly, safety-trained women instructors in a supportive environment. Gooseberry Falls State Park is an ideal spot try ice climbing.

WHERE:

We'll meet you at the UMD Sports and Health Center Lobby at 9:00 am. (See directions on the back.) From there we'll drive to Gooseberry Falls State Park, about a 45 minute drive.

SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 14 to try on and size ice climbing boots. The Rental Center is down the hall from the Fitness Center Welcome Desk.

WHAT TO WEAR:

- Warm Layers

Wear clothing that will keep you warm when we are standing around. Synthetic fleece and wool are warmest. Wear your clothes in layers. If you have a down jacket, bring it. Don't wear jeans unless you have synthetic long underwear underneath and a wind shell over the top. (**Warning:** pant legs may become snagged or ripped by crampons.)

- Warm hat that will fit under a helmet.
- Warm mittens (with a water resistant shell if possible)
- Wool socks (include a thin liner sock if you have one)
- Gaiters (if you have them – to protect your pant legs)

EQUIPMENT:

We provide harness, helmet, crampons, ice climbing boots, ice tools, ropes, ice screws, belay devices, carabiners, anchor materials and first aid kit.

Bring the following items in a small day pack that you can carry with you to the climbing area:

- ___ filled water bottle
- ___ sun glasses with strap
- ___ a bag lunch (hot beverage in a thermos optional)

COST: \$35 UMD Students/\$55 Others
Sign up by noon February 14

Course Outline

Intro – UMD

- meet each other
- fit equipment
- depart for Gooseberry

Gooseberry Visitor's Center

- put on harnesses indoors
- discuss equipment terms
- ice tools (pick, hammer, adz)
- leashes
- helmet
- harness
- crampons (rigid, semi-rigid)
- boots (crampon compatible)

Lower Falls – Climbing!

- belaying & safety
- ice tool swing and plant
- cleaning the ice tool
- walking in crampons
- flat footing (French)
- front pointing (German)
- movement on ice

Wrap Up

- review topics
- pack up equipment
- write evaluations on the way home. We'll be at UMD by 5:00 pm.

CONTACT INFO:

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For more climbing info or to schedule a climbing program call Kaija Webster at (218) 726-6257.