

# Mixed Climbing Clinic

Friday, February 8, 2008

Noon - 5:00 pm



## HERE'S WHAT TO EXPECT:

Learn to use ice climbing equipment and learn techniques to climb on both rock and ice terrain. Friendly, safety-trained instructors will give you pointers in a supportive environment.

## SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 6 to try on and size ice climbing boots. The Rental Center is down the hall from the Fitness Center Welcome Desk.

## WHERE:

We'll meet you at the UMD Sports and Health Center Lobby at **11:50 am**. From there we'll take a van to Casket Quarry. It's about a 15-minute drive from UMD.

## COURSE INFORMATION:

We'll fit ice climbing boots and harnesses in the SpHC Lobby before we drive to Casket Quarry. After a short hike into the climbing area, we'll go over safety and technique then take turns belaying for each other as we try the techniques for ourselves on steep rock and ice walls. We'll wrap up by 4:30 and plan to be back at UMD by 5 pm.

## 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 (snow cuffs for your ankles, if you have them)

## EQUIPMENT:

We provide the following equipment:

- \_\_\_ harness
- \_\_\_ helmet
- \_\_\_ ice tools
- \_\_\_ ice climbing boots (crampon compatible)
- \_\_\_ ropes, belay devices and anchor materials
- \_\_\_ first aid kit

**COST:** \$12 UMD Students/ \$20 Others

Register by Noon on Wednesday, February 6th

## Course Outline

### Intro – UMD

- meet each other
- fit equipment
- depart for Casket Quarry

### Casket Quarry

- discuss equipment & terms
- ice tools (pick, hammer, adz)
- crampons (rigid, semi-rigid)
- boots (crampon compatible)
- technique

### Climbing!

- cliffside safety
- walking in crampons
- ice tool placement
- matching on ice tools
- cleaning the ice tool
- shouldering tools
- movement on rock and ice

### Wrap Up

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

## CONTACT INFO:

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[www.umdrsop.org](http://www.umdrsop.org)

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