

Ice Climbing: Advancing Your Skills



Sunday, February 22, 2009
9:00 am - 5:00 pm

HERE'S WHAT TO EXPECT:

You know the basics of ice climbing. Now challenge yourself to climb steeper, more technical ice and mixed routes. Practice placing ice screws on top rope and hone your skills on ice and mixed terrain.

WHERE:

We'll meet you at the Trailhead in the Sports and Health Center Lobby at 8:50 am. (See directions on the back.) From there we'll car pool to a nearby climbing area.

WHAT TO WEAR:

- Warm Layers
Wear clothing that will keep you warm when we are standing around. Bring a warm, puffy jacket to wear over your layers.
- 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 (nylon cuffs for your lower leg, if you have them)

COURSE 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
- ___ a bag lunch and snacks
- ___ sun glasses with strap
- ___ thermos with hot tea or cocoa (optional)

SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 20 to try on and size ice climbing boots.

COST: \$45 UMD Students/\$65 Others
Sign up by noon February 20



INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center
(218) 726-7128
rsop@d.umn.edu
www.umdrsop.org