

Mountaineering Skills Practice



Wednesday, February 25, 2009

3:00 am - 6:00 pm

HERE'S WHAT TO EXPECT:

Get a hands-on introduction to some of the basic skills needed to cross glaciers and ascend snowy mountains.

WHERE:

We'll meet you at the Trailhead in the Sports and Health Center Lobby at 2:50 pm.

COURSE INFORMATION:

At Rock Hill, we'll practice walking with a mountain axe and crampons. We'll tie into roped teams and practice walking in cravassed terrain. We'll use ice axes to self-arrest on steep snow slopes. We'll discuss the basics of cravass rescue.

WHAT TO WEAR:

- Warm Layers
Wear clothing that will keep you warm when we are standing around. Synthetic fleece and wool are warmest.
- 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)

SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 24 to try on and size ice climbing boots. The Rental Center is down the hall from the Fitness Center Welcome Desk.

COURSE EQUIPMENT:

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

COST: \$12 UMD Students/\$20 Others
Sign up by noon February 24



INFO & REGISTRATION:

RSOP Day Office:

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