

Go Ice and Mixed Climbing

Saturday, February 13, 2010

9:00 am - 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.

BEFORE THE COURSE:

You must go to the RSOP Rental Center by Friday, February 12 to be fitted with your ice climbing boots.

WHERE:

We'll meet at the UMD Sports and Health Center Lobby at **9:50 am**. From there we'll take a van to Casket Quarry.

COURSE INFORMATION:

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.

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



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COST: \$25 UMD Students/ \$45 Others

Register by Noon on Friday, February 12.