

Mountaineering Skills Practice



Wednesday, March 3, 2010

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. We'll practice skills right on campus.

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 March 2 to try on and size ice climbing boots.

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 March 2



INFO & REGISTRATION:

RSOP Day Office:

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