

www.TraditionalMountaineering.org
Basic to Advanced Mountaineering Technical Safety Skills
Snow camping from bivy to base camp!

Saturday and Sunday, April 16-17, 2011, two days, 3 pm or so - to 11 am or so . . .
We will camp overnight near a snow-park off Cascades Lakes Highway near Mt. Bachelor

SEMINAR DESCRIPTION:

Learn and employ skills and gear for safe bivy to base camp shelter and fun in deep snow near parked cars and privies. Meet new people! Traditional and current instruction on this subject by The Mazamas, The Mountaineers, and the Angeles Chapter Sierra Club, for thousands of students over 40 years, begins with hands-on practice like this FREE Seminar.

Group dynamics -

The Seminar includes time for planning adventures. We will cook together as a group. We will be working together with the actual gear used for adventures and climbs in the Three Sisters Wilderness.

Required gear -

- **Ten Essential Systems including extra clothing for resting in possible stormy weather**
- **light backpack, with shelter, insulation and ability to melt snow for drinking water and food**
- **three to four season backpacking tent or bivy sack**
- **two inches of waterproof insulation and a 20 degree sleeping bag (or two 40 degree bags, etc.)**
- **snow shovel (including big shovels for those who wish to try a snow cave or two)**

Food: Bring your own backpacking food. It is best to dedicate your largest pot to warming snow. It is not good practice to “boil snow” – it takes too much time and fuel. Melt the snow and then filter it if you need to drink it. Bring a small plastic cup to dip boiling water out of the snow pot; do not try to tip a heavy pot of hot water into a cup of coffee.

Water: Use wide mouth Nalgene bottles or bags for water. There are things you can do to keep them from freezing. Try to melt the nice new snow for your water. Use a jug from your car as last resort.

Other beverages: We like a beer or glass of wine before dinner. We will bring some food to share as we enjoy watching our snow melt to water. After dinner, when we adjourn to the log shelter, we enjoy coffee and Kailua, or cider and schnapps and cookies and chocolate and trail mix and ice cream and

Clothing: Your boots are very important. Try them out but do not let your feet get cold. It is possible to incur frostbite on this adventure. We will be relatively inactive and unable to warm ourselves by exercise.

Bring your good humor and enquiring mind.

There is real danger of becoming lost and losing your life from hypothermia! Please do not wander away from the marked venue without checking out with the Leader. There is danger of frostbite! Do not let your extremities get cold!

You will be expected to sign the GROUP ROSTER, INFORMED CONSENT, LIABILITY RELEASE AND SIGN-IN/OUT AGREEMENT and have a great time. It is your responsibility to sign out; if you fail to actually sign out you may be reported missing to 911.

Reserve your places! We are limiting this class to 10 participants!

In fairness to all, you will need to commit by April 12, 2011.

For more information and to join this free Seminar: email info@traditionalmountaineering.org or call Robert Speik at 541-385-0445. There is more information on the website.