

# [www.TraditionalMountaineering.org](http://www.TraditionalMountaineering.org)

## **Glacier travel and climbing steep snow!**

**\*\*Basic to Advanced Mountaineering Technical Safety Skills\*\***

**Saturday, May 8, 2010, one day, 9am to 3pm or so . . .  
At a class room in Bend, to be determined**

### **CLASS DESCRIPTION:**

**Learn and discuss skills and gear for rope protected fourth class climbing and rappelling steep snow, rock and ice slopes on major peaks, crevasse rescue gear and techniques and light and fast overnight gear for Shasta, Adams, Jefferson, North Sister and more.** Traditional and current instruction on this subject by The Mazamas, The Mountaineers, and the Angeles Chapter Sierra Club, for thousands of students over 30 years, begins with hands on class room instruction and practice like this Class.

### **“Serene” snow anchors - minimum gear and set-up**

-picket, -deadman, -ice axe deadman, -snow bollard, -ice screws

### **Snow belays, instant and backed up - learn and practice set-up and rope handling**

-sitting hip belay, -ice axe boot belay, -standing ice axe/carabineer belay, -dynamic snow leader belays

### **Roped travel on snow, rock, ice and our Cascades glaciers - rope setup and knots**

-portioning the rope for 3 person roped team, -tying in the front, back and middle person, -position of prussics, Texas prussic and pack tie off, -climbing with fixed ropes on steep hard snow.

### **Rappelling, self belay, climbing the (rappel) rope - minimum gear and set-up**

-dulphersitz, ATC, B52, etc., -Bachman self belay, -prussics and other gear used to climb the rope.

**Crevasse rescue** -Z pulley crevasse rescue systems, -gear, -set up and build various systems

### **Group dynamics -**

We will be working together with the actual gear recommended in the class. Bring your own climbing day pack with the technical gear you have on board. What is your pack weight for a spring climb of North Sister? Bring your lunch and water.

### **Required gear -**

-your light harness with rappel and prussic gear, light weight locking biners, etc.

-your ice axe, complete with it's gear, -your climbing helmet, - anchors: - snow stakes, dead-persons, and ice screws,

- 6mm prussic loops, - 24” sewn light nylon runners, -1/22’ length of 1” tubular nylon runner, -your crevasse rescue pulleys, prussics and runners, - (your own skinny double-dry rope?)

**This is intended to be a basic to advanced hands-on class. We suggest that you not buy gear before you attend this class. We have lots of extra gear to try.**

### **This basic to advanced training -**

**Can be completed in this interesting day. Cost per student is \$25.00!**

The donation benefits the not for profit website [www.TraditionalMountaineering.org](http://www.TraditionalMountaineering.org). Handouts will include a printed summary of the class information. This is an indoor, hands-on, interactive skills class lead by Robert Speik.

**Reserve your places! We are limiting this class to 10 participants! Just two spaces left!  
In fairness to all, you will need to commit and to pay the cost ASAP**

**For more information and to join this class: email [info@traditionalmountaineering.org](mailto:info@traditionalmountaineering.org) or call Robert Speik at 541-385-0445. There is more information on the website.**