



# CRAMPON & ICE AXE WORKSHOP

This one day workshop covers the mountaineering basics of crampon and ice axe use. This workshop is ideal for people with little or no mountaineering experience, as well as for climbers seeking a refresher. We will start with a short meeting to overview the days activities and do an equipment check. We will then carpool to either the Bear Valley Mountain Resort or other appropriate field site. Expect to be outside for the entire day.

Once on the snow we will cover crampon use including French technique and front-pointing. Our work with the ice axe will include techniques for uphill and downhill travel and self-belay. Then we will practice various scenarios of self-arrest with the ice axe. Towards the end of the day, on softer snow, we will enjoy and learn the art of safe glissading.

**LOCATION:** Bear Valley, California (elevation 7100 feet) located in the Sierra Nevada between Lake Tahoe and Yosemite just two hours east of Stockton on Highway 4.

## **PREREQUISITES:**

- Good physical condition
- Participants needs to arrive with boots, crampons & ice axe (see details on the back)
- A desire to learn mountaineering skills

**MEETING TIME & PLACE:** Meet at 8 AM at the MAS office in the BaseCamp Lodge in the small alpine village of Bear Valley. Expect to return to the vehicles around 4 PM.

## **COURSE CURRICULUM:**

- Learn the mountaineering basics of proper ice axe and crampon technique
- Practice self belay and self arrest techniques with the ice axe and crampons
- Practice safe glissading skills with your ice axe
- Gain skills which are the foundation for good judgement in the alpine environment
- Enjoy the beauty of the High Sierra

**COURSE REGISTRATION:** Preregistration is required and full payment reserves your spot. Secure online registration is available through the MAS web site ([mtadventure.com](http://mtadventure.com)). Participants can also call or email the MAS office at (209) 753 6556 ext. 1 or [mail@mtadventure.com](mailto:mail@mtadventure.com). All course participants must fill- out and sign MAS Course Registration Form.

**LODGING PACKAGE (OPTIONAL):** MAS has leased a cozy ski cabin in Bear Valley for the 2007/2008 winter season. This stylish dwelling is available to MAS course participants and their guests. Conveniently located only two minutes walk from the MAS office and BaseCamp Lodge, this snowbound cabin is a great way to enjoy Bear Valley during your MAS program or adventure.

The cabin sleeps 4-6 people comfortably in two private rooms and a loft. All guest share bathrooms on two floors. A large and well lit living room is comfortably furnished around a cobblestone fireplace. The kitchen is nicely equipped with modern amenities and guests are welcome to use the kitchen or gas barbecue to cook meals.

RATES: (includes linens and a self-serve breakfast)

Private room: \$65/single & \$25 additional person

Single bed in loft: \$40

• **EQUIPMENT LIST ON REVERSE SIDE** •

## ICE AXE AND CRAMPON EQUIPMENT LIST

Please try to pack light and compact. If you have any questions about equipment on this list please don't hesitate to call the M.A.S. office.

### GEAR:

- Boots\*: Plastic mountaineering boots are preferred. Make sure they fit before you arrive.
- Ice axe\*: Length should be from your hand to ankle. Leash to the harness is preferred.
- Crampons\*: 10 or 12 point crampons. Pre-adjusted to fit your boot before the class starts.
- Backpack\*: a small day pack/climbing pack or full size pack is suitable
- Helmet: UIAA approved climbing/mountaineering helmet. (MAS will provide if you don't already own one)
- Climbing Harness, locking carabiner (MAS will provide if you don't already own one)

### CLOTHING:

Note: Cotton is inappropriate for mountaineering as it loses 80% of its insulation properties when wet.

- 1 pair synthetic liner socks
- 1 pair heavier synthetic or wool blend socks, hiking style
- Gaiters depend on your boot system. May not be needed if waterproof pants seal over boots.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight
- Warm shirt: expedition polypropylene or light fleece type
- Fleece jacket or equivalent
- Light down or synthetic fill jacket. This item would replace above item.
- Good quality rain/wind waterproof/breathable jacket and pants. This is one of your most important pieces of gear. Don't compromise! Jacket should have a hood.
- Warm hat and one with a visor for sun
- Warm winter gloves: an extra pair is recommended during stormy weather
- Neck gaiter or balaclava (optional but nice in stormy weather).

### ETC...

- Sunglasses with a keeper leash
- Goggles
- Heavy-duty sunscreen and lip protection
- Two 1-liter plastic water bottles (insulating container is a good idea).
- Camera and film (optional)
- Lunch and snacks

### MAS PROVIDES:

- Harness and helmet
- First aid kit, repair and contingency supplies
- Permits and fees
- Professional guiding and instruction

\* gear rentable at a mountaineering shop

