



MOUNTAINEERING SEMINAR

This two day intensive program combines the [Ice Axe & Crampon Workshop](#) and the [Rope Team & Snow Anchors Workshop](#) into an extended weekend of intensive mountaineering skill development. This is a great way to prepare for larger ascents such as Mt. Shasta and beyond.

On day one 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.

The second day will cover the important points of setting up a rope team including spacing, knots and coils. Our work with snow anchors will include pickets, flukes, deadman and bollards as well as techniques for equalizing and backing up anchors. Then we will practice various scenarios of travel and belaying.

The course is based out the Bear Valley Ski Resort and will either use one of the ski slopes for training or travel a short distance into the backcountry to seek appropriate slopes.

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
- A desire to learn mountaineering skills

COURSE OBJECTIVES:

- Learn proper crampon techniques for climbing steep firm snow slopes
- Learn self belay, self arrest with ice axes
- Practice a variety of ascending and descending methods
- Travel on a rope team and place snow anchors
- Gain skills which are the foundation for good judgement in the alpine environment.

MEETING TIME & PLACE:

Most programs begin at 8 AM and meet at the [ski resort](#). A pre-trip email during the week before the course will iron out these details including anticipated weather conditions.

LODGING OPTIONS:

- [The Nordic Loft](#) is a cozy, convenient and affordable option that MAS leases above the Bear Valley Cross Country Center for MAS course participants and their guests.
- [The Bear Valley Lodge](#)
- [The BaseCamp Lodge](#)
- [Other options](#)

•PLEASE SEE EQUIPMENT LIST ON REVERSE•

MOUNTAINEERING SEMINAR 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 MAS office.

GEAR:

- Boots*: Plastic mountaineering boot 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 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

