



ROPE TEAM & SNOW ANCHOR WORKSHOP

This one day workshop expands on the mountaineering basics covered in the "Ice Axe & Crampon Workshop" and introduces rope team travel for steeper slopes and the use of snow anchors and belays. We will start with a short meeting to overview the days activities and do an equipment check. We will then carpool to the Bear Valley Mountain Resort or other appropriate field site.

Once in the field we will discuss and practice 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.

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. The BaseCamp Lodge is located three miles below the Bear Valley Mountain Resort (elevation 7600 feet) where most of the field sessions will take place.

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:

- Discuss the important considerations for roping up
- Practice knots, belaying and coiling ropes
- Experience snow field travel on a rope team
- Discuss the important considerations for snow anchor use and placement
- Build and use a variety of snow anchors
- Gain skills which are the foundation for good judgement in the alpine environment

COURSE REGISTRATION: Preregistration is required and full payment reserves your spot. Secure online registration is available through the MAS web site (mtadventure.com). Participants can also call or email the MAS office at (209) 753 6556 ext. 1 or 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 •

ROPE TEAM & SNOW ANCHOR 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

