

www.TraditionalMountaineering.org

A recommended one day hands-on indoor class!

Backcountry adventures in the winter!

****Basic Winter Backcountry Exploration Safety Skills****

Saturday, December 3, 2005, one day, 9AM to 3PM or so . . .

The Central Oregon Environmental Center, 16 NW Kansas Street in downtown Bend

Class Description:

This class is about informed backcountry adventure in the winter. This class is based on traditional Basic Winter Mountaineering Training provided by major outdoor clubs in the North West.

Participants will learn more: **A.** About the Basic Responsibilities of the wilderness traveler, traditional backcountry Leadership, the new Essential Systems and clothing and the identification and possible mitigation of Risks in outdoor winter adventures, **B.** About planning a reasonable winter adventure and finding your way with map, compass and optional GPS and **C.** About light weight winter camping, food and water management.

Hands-on training includes working with:

1. The suggested light weight Ten Essential Systems, personal First Aid Kit and the suggested winter day pack;
2. Appropriate footwear: shoes or boots, snowshoes, poles;
3. Winter clothing: sox, Capalene underwear, XC3 pants, GorTex gaiters, wicking insulation layers, fleece tops, soft shells and hard shells in several combinations, various hats and gloves;
4. Winter bivy and four season tent options, goose down and synthetic sleeping bag options and insulating pads in the winter backpack and shovels, safe caves and emergency shelters;
5. Winter water management and cooking including required food, stoves, pots, spoons, plates and cups, filters and water bottles;
6. Planning a reasonable trip to suggested local points using map, compass and optional GPS, and route finding in the winter;
7. Making the required setup changes to GPS factory defaults that are necessary for the most basic use "out of the box"; simplifying the marking/saving/creating and finding of landmarks/waypoints in UTM position coordinates; setting up the inexpensive hand held baseplate compass to eliminate the dangerous local 17 degree magnetic declination error. We will practice all these skills with local maps in the classroom;
8. Climbing steep snow slopes and mitigating Risk with minimum gear, demonstrations and discussion;
9. Known avalanche area avoidance and assessment for safe travel in our local backcountry.

Robert Speik, your instructor,

Is an experienced backcountry leader/instructor and editor of student and leader handbooks. For six years, he taught popular Mountaineering, Alpine Rambling, Backpacking and Wilderness Navigation classes and field seminars at Central Oregon Community College. Bob is the author of the popular world wide website www.TraditionalMountaineering.org .

Group dynamics -

The class includes a trail lunch and time for Participants to plan an adventure with new classmates and others. *We will be working together with the actual gear recommended in the class.*

This basic to advanced training -

Can be completed in one interesting day. **Cost per participant is \$35.00 (just \$45.00 for couples!),** a donation benefiting the nonprofit website www.TraditionalMountaineering.org. Handouts will include a printed summary of the class information.

Reserve your places! We may have a wait list!

We can accommodate ten participants or so. In fairness to all, you will need to commit and pay the cost by November 30th. Call Bob at 541-385-0445 or send an email inquiry to speik@bendcable.com