

TRADITIONAL MOUNTAINEERING™

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FREE BASIC TO ADVANCED MOUNTAIN CLIMBING INSTRUCTION™

SEMINAR PROSPECTUS

FREE TECHNICAL HARD SNOW, ICE AXE AND GLACIER TRAVEL SEMINAR AND PRACTICE

Outing: Free Technical Hard Snow and Glacier Travel Seminar and Practice
Date: Saturday, March 12, 2005, from 9AM to about 3PM
Place: Near Mount Bachelor Resort
Instructors: Robert Speik and guest friends Robert Link and Mountain Link Guides
Cost: FREE – but you must reserve a place. No drop-ins, please.
Reservations: Call Robert Speik at 385-0445 or email info@traditionalmountaineering.org

“SARENE” SNOW ANCHORS - BUILD AND TEST

- PICKET
- DEADMAN
- ICE AXE DEADMAN
- SNOW BOLLARD

SNOW BELAYS, INSTANT AND BACKED UP BY ANCHORS

- SITTING HIP BELAY
- ICE AXE BOOT BELAY
- STANDING ICE AXE/CARABINEER BELAY
- DYNAMIC SNOW BELAYS OF THE LEADER

ROPED TRAVEL ON SNOW, ROCK, ICE AND CASCADES GLACIERS

- PORTIONING THE ROPE FOR 3 PERSON ROPED TEAM
- TYING IN FRONT, BACK AND MIDDLE PERSON
- POSITION OF PRUSSIC, TEXAS PRUSSIC AND PACK TIE OFF
- CLIMBING WITH FIXED ROPES ON STEEP HARD SNOW SLOPES

RAPPELLING, SELF BELAY, CLIMBING THE (RAPPEL) ROPE

- DULPHERSITZ, ATC, FIGURE 8, ETC.
- (ALL PRACTICE RAPPELS MUST BE SEPARATELY BELAYED)

Z PULLEY CREVASSE RESCUE SYSTEM

- DEMONSTRATE, SET UP AND USE

ICE AXE ARREST

- SUBJECT TO SNOW CONDITIONS ON THE DAY OF THE SEMINAR

BRING: YOUR CARBOS AND WATER

- YOUR LIGHT HARNESS WITH RAPPEL, PRUSSIC GEAR AND TWO BIG LOCKERS
- 3 18" DIAMETER 6MM PRUSSIC LOOPS
- 3 48" DIAMETER, SEWN, 9/16 NYLON RUNNER
- 1 22' LENGTH OF 1" TUBULAR NYLON RUNNER
- 3 LIGHT WEIGHT LOCKING BINERS, ETC.
- YOUR CREVASSE RESCUE PULLEYS, PRUSSICS AND RUNNERS
- YOUR MOUNTAINEERING ICE AXE, YOUR LIGHT ALPINE 9MM ROPE,
- OR USE OUR GEAR
- NO CRAMPONS

References: Mountaineering, The Freedom Of The Hills, Seventh Edition and
Glacier Travel and Crevasse Rescue, A. Selters, The Mountaineers Press 1990

RESERVATIONS REQUIRED!

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