

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.

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 place! 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

SIGN UP FOR THIS CLASS!

<u>Name(s)</u>	<u>E-Mail Address</u>	<u>Phone</u>	<u>Amount paid</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Mail this reservation form and your check to Robert Speik, 61334 Wecoma Court, Bend, OR 97702