

**[www.TraditionalMountaineering.org](http://www.TraditionalMountaineering.org)**



## **“Basic Mountaineering Exploration Safety Skills”**

**Saturday, August 5, 2006, 9AM to noon or so . . .**

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

This class is based on traditional Basic Mountaineering Training provided by major outdoor clubs.

**Participants will learn more:** **1.** About the Basic Responsibilities of the wilderness traveler, traditional backcountry Leadership, the new Essential Systems and clothing, **3.** About the identification and possible mitigation of Risks in outdoor high country adventures using traditional rope protection techniques, **3.** About planning a reasonable adventure and finding your way with map, compass and optional GPS and **4.** About light weight high country camping, food and water management.

**Robert Speik, your instructor,**

Is an experienced backcountry leader/instructor. He has taught popular Mountaineering, Alpine Rambling, Backpacking and Wilderness Navigation classes and field seminars at Central Oregon Community College.

**Group dynamics -**

The class includes 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.**

**Cost per participant is \$35.00**, a donation benefiting the nonprofit website [www.TraditionalMountaineering.org](http://www.TraditionalMountaineering.org). Handouts will include a printed summary of the class information.

**In fairness to all you must Reserve a place by August 2, 2006. We may have a wait list!**

**We plan to accommodate five participants or so for this morning adventure. Call Bob at 541-385-0445 or send an email inquiry to [info@TraditionalMountaineering.org](mailto:info@TraditionalMountaineering.org).**