

**www.TraditionalMountaineering.org**

## **Basic Rappelling - instruction and practice!**

**\*\*Basic to Advanced Mountaineering Technical Safety Skills\*\***

**Saturday, June 3, 2006, one day, 9AM Noon or so . . .**

**On the crags overlooking the Deschutes River at Meadow Picnic Area just west of Bend**

### **CLASS DESCRIPTION:**

**Learn and discuss skills and gear for belay rope protected rappelling steep snow, rock and ice slopes on major peaks including Shasta, Adams, Jefferson, North Sister and more.**

Traditional and current instruction on this subject by The Mazamas, The Mountaineers, and the Angeles Chapter Sierra Club, for thousands of students over 30 years, begins with hands on instruction and practice like this Class.

**“Sarene” anchors - minimum gear and set-up**

**Belays, instant and backed up - learn and practice fast set-up and rope handling**

**Rope setup and knots for rappelling**

**Harness set up recommended by Petzl**

**Rappel self belay including the new FB sling friction knot**

**Rappelling from various types of entry**

**Climbing the (rappel) rope - minimum gear and set-up**

**Dulphersitz rappel**

**Use of ATC, B-52, Reverso, Pirana, older figure 8, etc. and -prussic self belay, Shunt self belay, FB self belay and Jumars, Ascension and Croll, prussics and other gear used to climb the rope.**

**Group dynamics -**

The class includes time for planning adventures together. We will be working together with the actual gear recommended in the class. All rappels must have a separate belay.

**Required gear -**

- your light harness with rappel and prussic gear, light weight locking biners, etc.
- 6mm prussic loops, sewn nylon runners, tubular nylon runner, -your own rope\*\*
- your climbing helmet

\*\* This is intended to be a basic to advanced hands-on class. If you do not own the items marked with a \*\*, you can use our gear. We suggest that you not buy gear before you attend this class.

**This basic to advanced training can be completed in this interesting day.**

This is a free outdoor, hands-on, interactive skills class lead by Robert Speik.

**Reserve your places! We are limiting this class to 10 participants!  
In fairness to all, you will need to commit by May 31, 2006.**

**For more information and to join this class: email [info@traditionalmountaineering.org](mailto:info@traditionalmountaineering.org) or call Robert Speik at 541-385-0445. There is more information on the website.**