

BASIC MOUNTAINEERING COURSE



AGENDA

- Introductions
- Leave no trace
- Break
- Course Overview



INTRODUCTIONS

STUDENTS

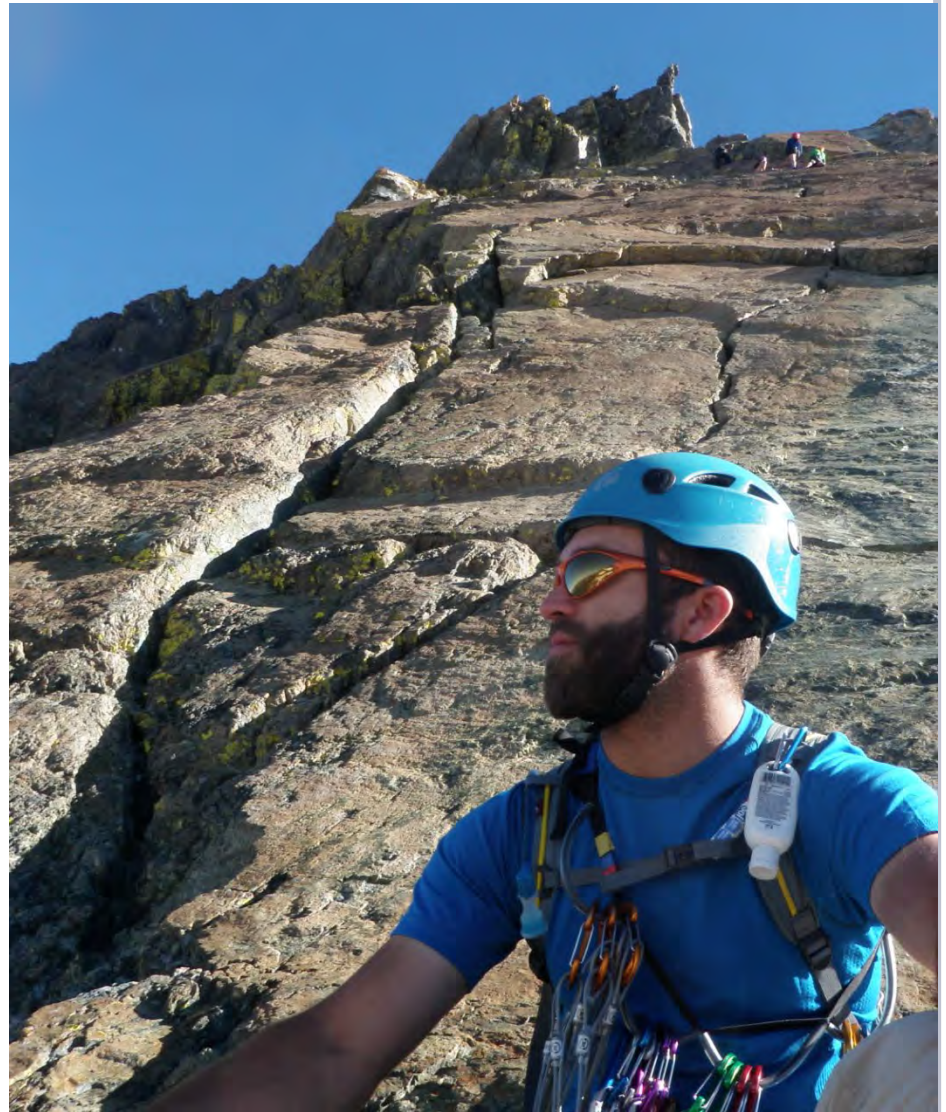
- Name
- Occupation
- What do you want to climb?
- What is your favorite restaurant in town?



INTRODUCTIONS

INSTRUCTORS

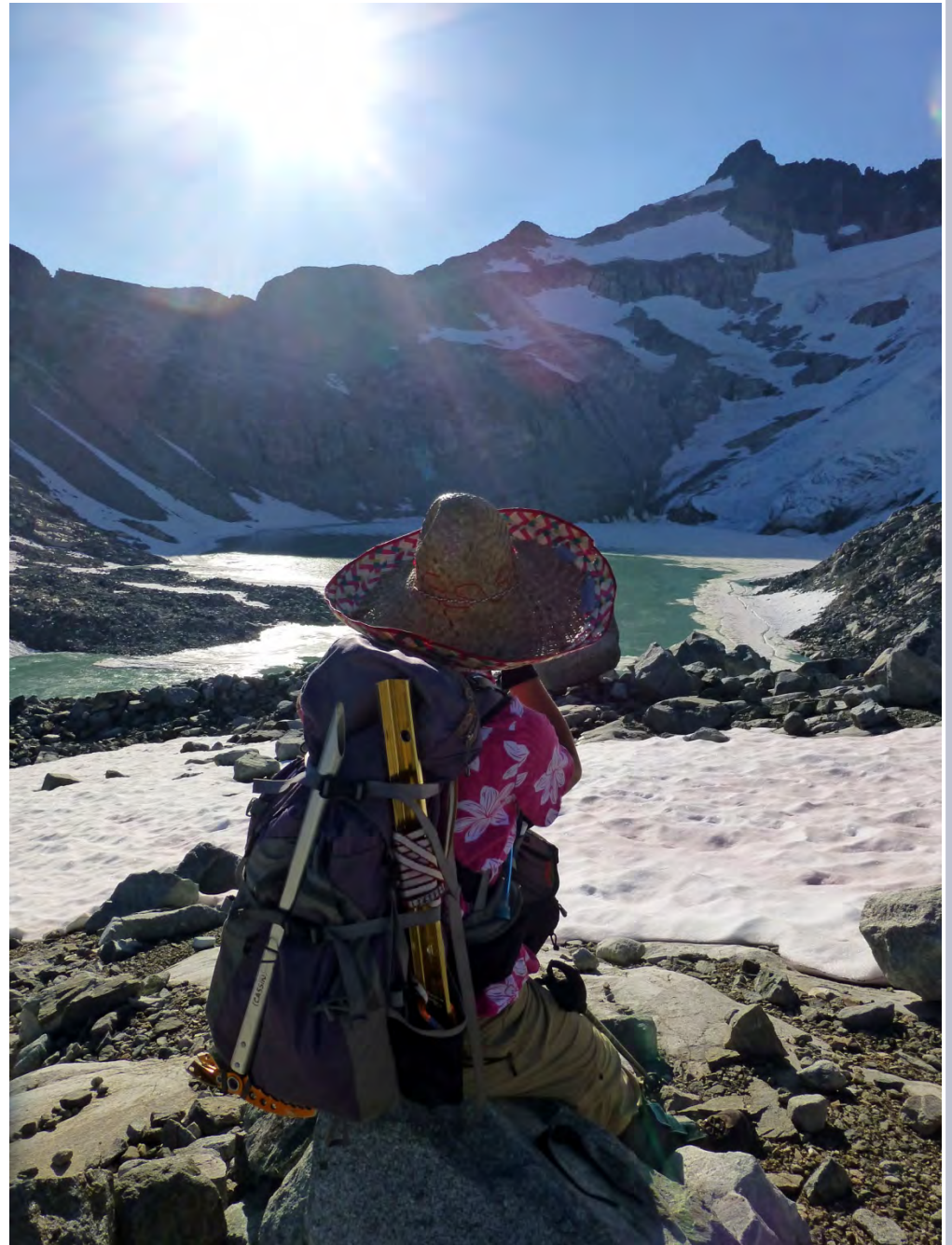
- Name
- When did you take the course?
- What is your role/specialty in The Mountaineers?





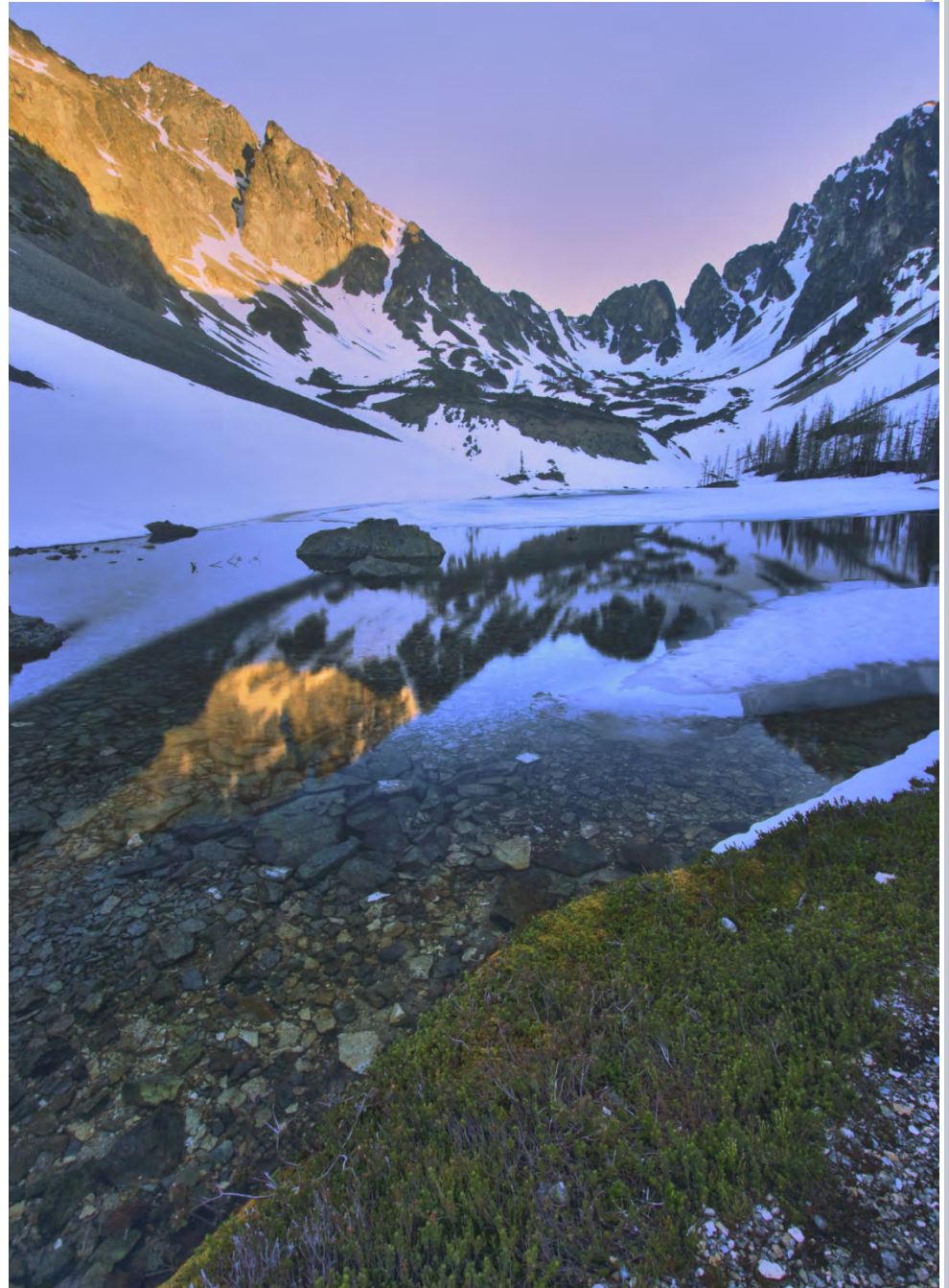
OVERVIEW:

- Intro
- Google Group
- Missed Activities
- Graduation Requirements
- The Climbing Code
- Physical Conditioning



MISC:

- Snacks
- Gear-
 - Gear Matrix
 - Wait to Purchase!
 - Gear Swap-TBD
- Course Etiquette
 - Be on time
 - Come prepared..
in the classroom and in
the field
 - All instructors are
volunteers
 - Class is a team
 - Take safety seriously



TRAIL WORK / STEWARDSHIP REQUIREMENT

- 8 hour requirement (can be spilt into multiple days)
- **STRONGLY** recommend completing **BEFORE** summer
- Submitting for credit when you are done:
 - Email bellinghammountaineers@gmail.com with a date, place, time, lead contact info and photos if you are awesome.
 - Print out the confirmation and tape it in your Student



TRAIL WORK / STEWARDSHIP REQUIREMENT

Organizations Offering Opportunities

- WTA
- NSEA
- Whatcom Land Trust
- Cascade Mountain Runners
- Whatcom Conservation District
- Whatcom Mountain Bike Coalition
- Create Bellingham Mountaineers group event



EQUIPMENT LECTURE

- Wait to buy!
- Bring in gear you have questions about
- Email topics you would like covered to The Andrews
- Gear Swap



WILDERNESS FIRST AID (WFA)

- ❑ *Introductory* wilderness first aid course
- ❑ Taught by outdoor medical professionals from Wilderness Medical Associates
- ❑ 3-year certification upon completion



Topics include:

- Patient assessment
- Basic life support/CPR
- Circulatory system
- Nervous system
- Respiratory system
- Lightning injuries
- Submersion/near drowning
- Hypothermia
- Hyperthermia and heat illness
- Wounds and burns
- Allergic reactions and anaphylaxis
- Spine injuries (not clearance)
- Fractures and stable musculoskeletal injuries (not dislocations)
- Single extremity splints
- Lifting and carrying
- Common medical problems

* May not include cold injuries, altitude illness, bites/toxins/poisons, packaging/litter transport



AVY:

- Lecture
- Field Trip to Austin Pass
 - Assessing the Situation
 - Terrain Analysis
 - Rescue Techniques



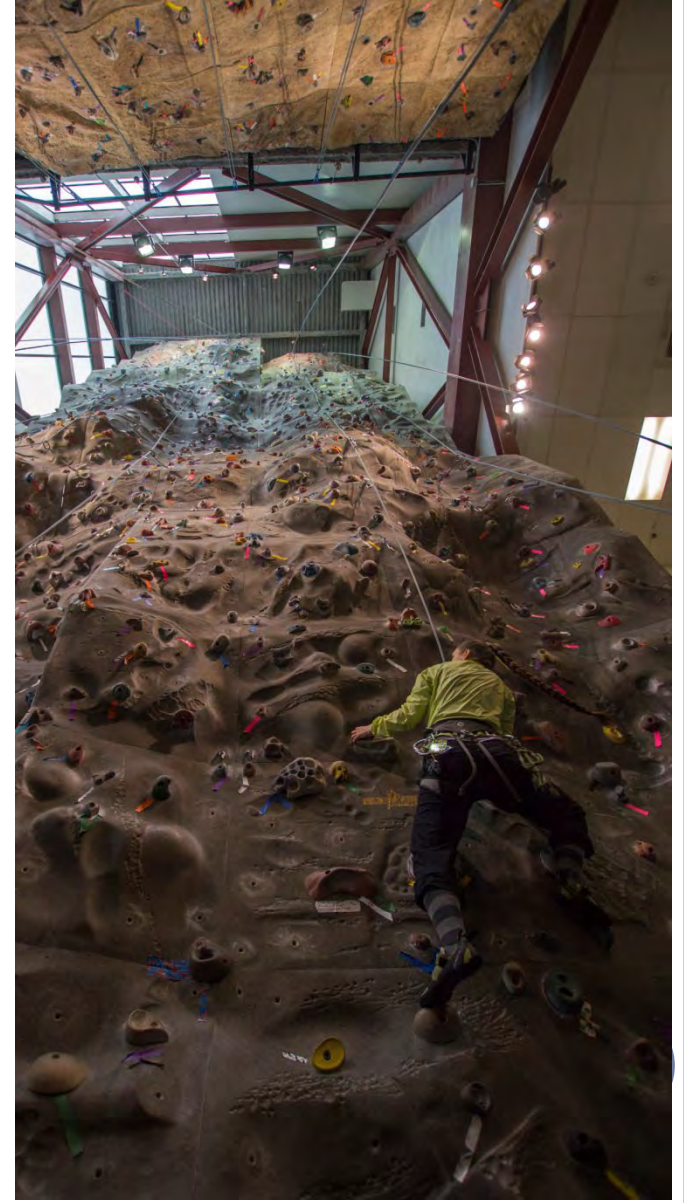
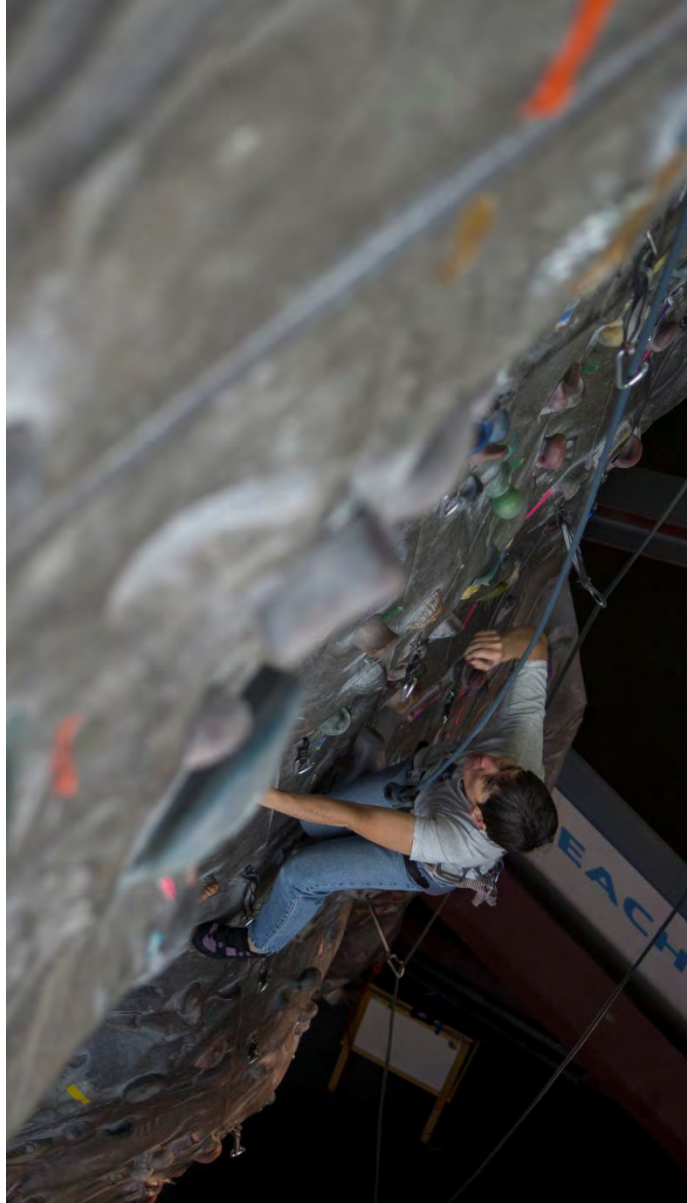
NAVIGATION- FUNDAMENTALS:

- Two Navigation Lectures
- Knots Evaluation
- Overnight at Pine & Cedar
 - Basic Backpacking Skills
 - Map & Compass
 - Belay Basics
 - Rappel
 - Belay Escape
 - Prusik



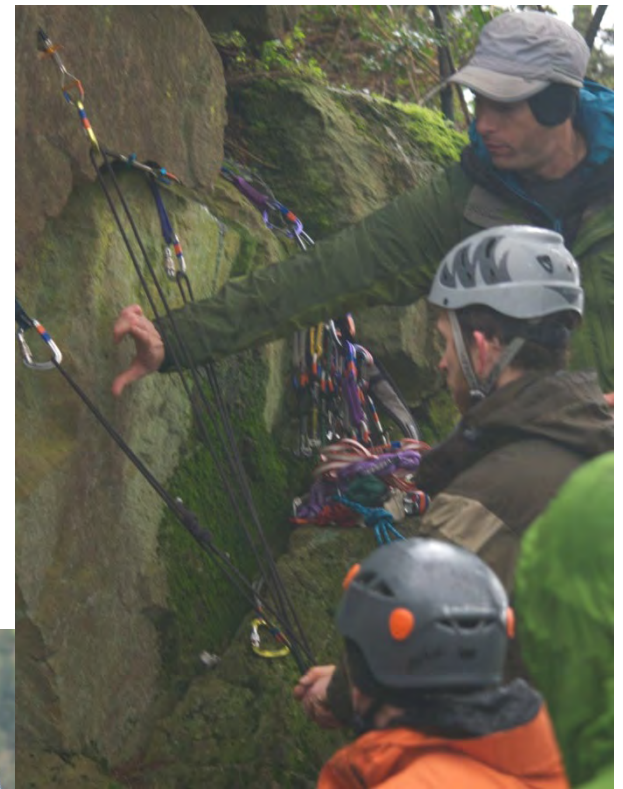
BELAY PRACTICE

- YMCA
Rock Wall



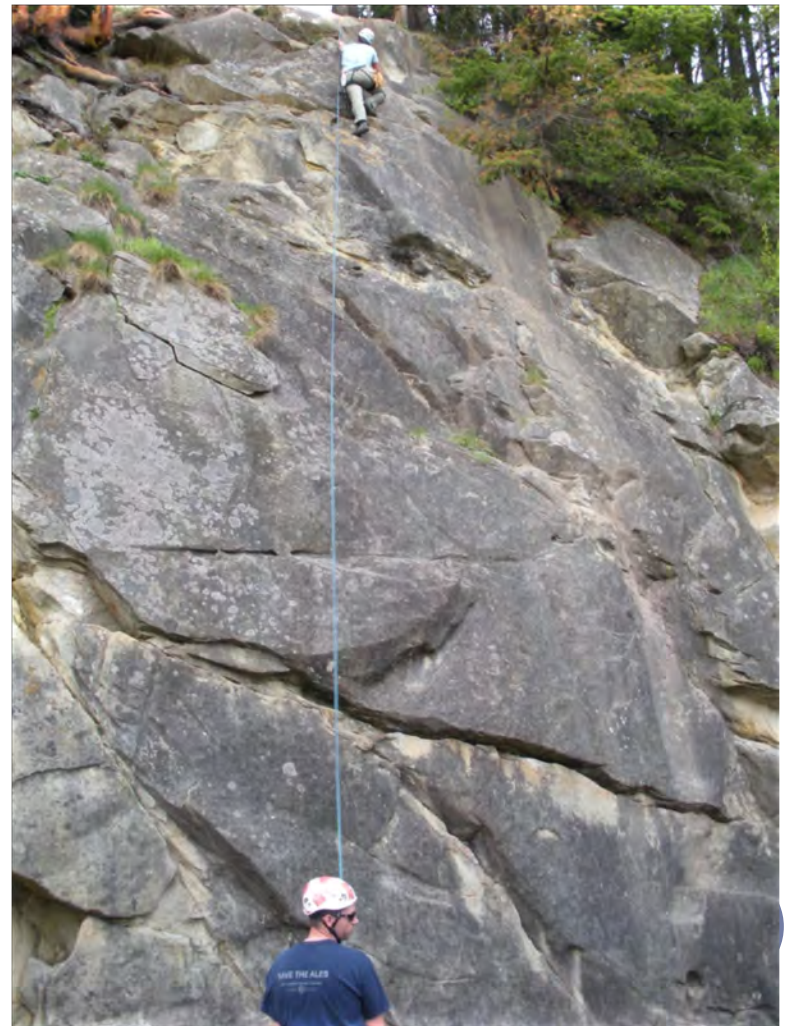
ROCK I

- Lecture
- Mt Erie
 - Hike to the top!
 - Belay
 - Rappel
 - Belay Escape
 - ERNEST
 - Climbing



OPTIONAL CLIMBING PRACTICE

Larrabee State Park



ROCK II

- Lecture
- Skaha Adventure
 - Following a Leader
 - Climbing Technique
 - Multi-Pitch



SNOW I

- Lecture
- Overnight at Austin Pass
 - Snow Camping Skills
 - Ice Axe Use- Self Belay & Self Arrest
 - Snow Travel Techniques
 - Snow Anchors
 - Roped Travel



SNOW II

- Lecture
- Crevasse Rescue Evaluation
- Overnight on Mt Baker
 - Glacier Travel
 - Crevasse Rescue



HARD SNOW

- Mt Baker Area
 - Practice on Actual Hard Snow
 - Crampon Technique
 - Self Belay/Arrest



ALPINE ICE TRAVEL TECHNIQUES

- Mt Baker Area
- Alpine Ice and Glacier discussion
- Crampon Techniques
- Ice Axe Techniques
- Step Cutting



TIME TO PEACE OUT:

- Questions??

