

A person wearing a blue helmet and dark clothing is perched on the very top of a tall, narrow, and jagged rock spire. A red rope hangs vertically from the person down the side of the rock. The background features a vast mountain range under a bright blue sky with scattered white clouds. The overall scene is one of high-altitude alpine climbing.

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INTRODUCTION TO ALPINE CLIMBING

AGENDA

- ✘ Alpine Climbing
 - + What is it?
 - + Planning
 - + Logistics
 - + Packing light
 - + Putting it all together
- ✘ Outing #4: Grad Climb – WA Pass
- ✘ Questions

ALPINE CLIMBING

- ✘ Combination of everything mountaineering
 - + Rock, snow, glacier, ice
 - + The use of various skills & tools
 - + Different around the world
- ✘ Includes
 - + Approach
 - + Route
 - + Descent

ALPINE CLIMBING

× Gear

- + Think LIGHT
- + Multi-puopse gear
- + Just enough protection (more slings, less gear)
- + Tent vs. Bivy
- + Rock Shoes vs. boots
- + Food
 - × Count your calories
 - × Figure out what works for you.

ALPINE CLIMBING

× Techniques

- + Know your ability
- + Alpine Start
- + Alpine Urgency (constant steady pace)
- + Simul-climbing
- + Whatever it takes

PREPARATION

- ✘ Just the beginning
- ✘ It will make or break you climb.
- ✘ Fitness
 - + Climb, bike, run (cardio), etc...
 - + Physical, technical, & mental
- ✘ Watch the weather
- ✘ Pick your climbing partner wisely

LOGISTICS

- ✘ Make a climb plan
 - + Include a time line
- ✘ Bring BETA!
- ✘ The descent is required, the ascent is optional.
- ✘ Make group decisions and stick with it.
- ✘ In an emergency, double check everything.
- ✘ Bring a cell phone, PLB, Spot, etc...

PACKING LIGHT

- ✘ If it's not essential, leave it at home.
- ✘ Keep it simple.
- ✘ Keep track of what you don't use.
- ✘ It adds up fast.

PUT IT ALL TOGETHER

- ✘ If plans change, understand its effects.
 - + Bail if you need to.
- ✘ Avoid an EPIC
 - + If something goes wrong, make the most of it.
 - + Increase your safety factor, if you can.
- ✘ Relax and have fun!

QUESTIONS???