



# *Boeing Employees Alpine Society*

## *BRC Leavenworth Outing*

### **Overview:**

The purpose of this outing is to get everyone acquainted and up to the same level of knowledge. The instruction will emphasize the skills and techniques for safe rock climbing. These skills are essential for the subsequent weekends. Please remember, the focus of this weekend is not climbing per se, but to learn the skills and techniques.

**Recommended Reading:** Freedom of the Hills (7th ed.), Chapters 9-14

**Recommended Watching:** <https://americanalpineclub.org/universal-belay-program/>

### **Learning Objectives:**

- Demonstrate proficiency in the following skills to an instructor by successfully performing each task at least once without any assistance: mechanical belay/rappel, Z-pulley, cleaning a gear and a bolted anchor
- Demonstrate/work on any skills you needed practice on after the Skills Night
- Demonstrate proficiency in all aspects of lead belaying: PBUS, giving and taking slack, commands, rope management
- While lead belaying, quickly recognize if the leader has back clipped or Z-clipped a bolt and communicate that effectively to the leader.
- Efficiently climb single-pitch routes as part of a 2-person rope team (following only), including lead belaying and cleaning a gear and/or bolted anchor without assistance at least once
- Determine if an anchor is safe and be able to explain to an instructor why it is safe
- Safely and efficiently clean and rappel from bolted anchors such as those found at the top of established routes.

### **Location & Camping:**

#### Camping:

- [Bridge Creek Group Site](#)
  - 70 people max – Invite friends & family!
  - From the west, take Highway 2 east through Monroe and over Steven's Pass. Turn right on Icicle River Road and follow for approximately 8 miles. The campground will be on the left.
  - Reservations from Friday afternoon to Sunday morning



# *Boeing Employees Alpine Society*

## *BRC Leavenworth Outing*

### **What to Bring:**

- Climbing gear including:
  - Comfortable rock shoes
  - Harness, helmet
  - ATC guide (or other belay device with guide mode)
  - Climbing tape, tape gloves, chalk, and chalk bag (optional)
- Personal Anchor System (PAS)
- The Leavenworth Rock Book (optional)
- Northwest Forest Pass for each vehicle. (available in Leavenworth)
- Potluck item
- Bundle of firewood per car

### **Meals:**

- Breakfast:**
  - On your own.
- Lunch:**
  - Don't plan to return to the cars during the day.
  - Bring food and water for lunch Saturday and Sunday.
- Dinner:**
  - Potluck item for Saturday Night
  - We will start a sign-up sheet to get the food/utensils covered

### **Timeline:**

#### **Saturday:**

- 07:00 Meet at Mountaineers Dome  
First pullout on the right down-canyon of Snow Lakes TH
- Group Practice
- 07:30 Review knots (4 groups of 3 students)
- 08:00 Review skills not covered during skills night, or those we need to practice
- 09:00 Single-pitch demo (commands, lead belay, building anchor, lowering)
- 10:00 Break into small groups: Lead Belay Practice
- 12:00 Z-Pulley Demo
- 12:30 Break into small groups: Z-Pulley Practice
- 13:30 Small groups or 1 on 1 practice:
  - Gear placement (types, uses, placement, removal, etc...)
  - Anchor building (natural, bolts, safety, SRENE)
- 15:30 Start packing up, hike out
- 16:00 Re-group, re-cap at Snow Lakes Parking Lot



# *Boeing Employees Alpine Society*

## *BRC Leavenworth Outing*

### **Sunday:**

07:00 Meet at Classic Crack at Eightmile Rock

<https://www.mountainproject.com/route/105793864/classic-crack>

#### Group Practice

07:15 Multi-pitch demo

08:00 Group discussion, questions from the previous day

#### Instructor Student Pairs Climb

09:00 Receive climbing assignments

(single-pitch climbing, trad climbing, sport climbing)

- Gear placement (types, uses, placement, removal, etc...)

- Anchor building (natural, bolts, safety, SRENE)

16:00 Re-group, re-cap at Snow Creek Parking Lot

### **Getting to Classic Crack**

Park on the [pullout](#) on the creekside of the road and scramble downhill to the base of the crag. The trail goes down toward the creek. The parking pullout is between 8-Mile Campground and Bridge Creekcampground.

### **Getting to Mountaineers Dome**

Mountaineers Dome is about a quarter mile down-canyon of the Snow Lake parking lot on the creek side. There are often several groups trying to get this site for the day so we need to arrive early.





# *Boeing Employees Alpine Society*

## *BRC Leavenworth Outing*

**Checklist & Evaluation:**

Student: \_\_\_\_\_

Skill	Proficiency	Instructor	Comments
<b>Knots</b>			
Figure 8			
Figure 8 on a bight			
Prusik Hitch			
Bachmann			
Double Fisherman			
Water Knot			
Clove Hitch			
Munter Hitch			
Butterfly			
Bowline			
Euro Death Knot (EDK)			
Rope Coiling			
<b>Belay (Remember to PBUS!!!)</b>			
Safety Check & Commands			
Top Rope Belay			
Lead Belay			
Lowering			
<b>Anchors (Building/Checking/Cleaning)</b>			
Natural			
Gear			
Bolted			



# *Boeing Employees Alpine Society*

## *BRC Leavenworth Outing*

Skill	Proficiency	Instructor	Comments
<b>Other Topics</b>			
Gear (types & purpose)			
Gear Removal			
Gear Racking			
Rope Management			
Cleaning an Anchor & Rappelling			

**Proficiency:**

1 = Nailed it!

2 = Practice it a few more times

3 = Spend one-on-one time with an instructor working on this skill

**Instructor Comments / Recommendations:**

