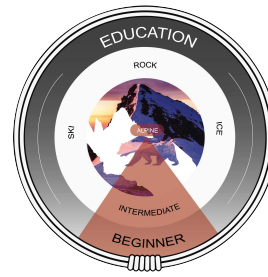




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GOLDEN STATE GUIDING // INTRO TO MOUNTAINEERING PROGRAM

Instruction and training for entry level snow travel, equipment review, self-arrest techniques, navigation, rope systems and techniques, snow anchors, crevasse rescue systems, glacier travel, and snow shelters

IMP 2 Day Program Outline:

- **Layering:** Review of layering systems, what to look for, what not to use and why this is an important aspect to any alpine/mountaineering outing.
- **Snow Travel Approach:** Review of snowshoes with ski poles and the reason why we choose these items for an approach. Ski touring and splitboard setups are also acceptable choices.
- **Winter Terrain Discussion:** Discussion regarding winter terrain and what to be looking for when traveling in winter conditions. This includes but is not limited to the below topics. **Note: we highly recommend taking an AIARE (American Institute for Avalanche Research and Education) Level 1 Avalanche Course at a minimum before heading into backcountry winter conditions. The IMP Program will speak to avalanche terrain but will not go in-depth. For information on AIARE avalanche programs go to goldenstateguiding.com/avalanche-courses.**
 - **Teamwork:** Agree to travel together and decide together as a team. Respect everyone's voice and veto regarding your chosen route and objective.
 - **Departure:** Review the plan one last time and do a transceiver check (batteries, search, send).
 - **Terrain Choice:** Final review of plan and chosen route including discussion of any potential avalanche problems, consequences, likelihood a problem will occur, and are any other route options better?
 - **Travel:** How will you move as a group, what terrain features do you plan to avoid, can you see or hear each other, do we have an escape plan and cell coverage?
- **Snow Travel Transition:** Transitioning from snowshoes and/or a touring setup to crampons and when to do this and discussing the different types of crampons available.
- **Snow Travel Techniques:** Review of traveling with snow equipment including mountaineering ice axe, self-belay, use of the adze, and tether choices.
- **Self-Arrest Techniques:** Self arrest practice will be demonstrated by the guide(s) and multiple practice runs will be taken by the participant(s). We will speak to self-arrest techniques with and without crampons.
- **Assisted Arrest:** Instruction and demonstration utilizing the team and performing an assisted arrest.
- **Snow Travel Rope Systems:** Demonstration and instruction for traveling with a rope in snow conditions. Review of rope types and what to look for when purchasing a winter rope.
- **Snow Anchors:** Review of basic snow anchors, when and where to use them.
- **Crevasse Rescue:** Demonstration and instruction with crevasse rescue systems and the equipment needed to facilitate a rescue.
- **Glacier Travel:** Demonstration and instruction for glacier travel, how to rope up, why and when.
- **Snow Shelters:** Review of snow shelters including snow caves and tree-trough shelters.

***Please note, the above outline is subject to change depending on conditions and group dynamics