



Intro to Ice Climbing Curriculum

Note the below schedule is subject to change

Day 1: Focus will be on layering systems, equipment, and ice characteristics.

7am: Guest meet up outside of June Lake. Location to be announced upon registration.

7:15am-7:45am: Travel to venue for the day, unpack and sort gear.

7:45am-8am: Guest intros and personal gear discussions.

8am-10am: Approach to the climbing area for the day and setup. Below are the topics that will be reviewed.

- Mountain boots – what to look for and why.
- Outerwear layering systems and what to use.
- A review of the different styles of crampons (8, 10, and 12 point, vertical or horizontal) and what to use specifically for ice climbing (strap-on's, semi-automatic, fully-automatic).
- Difference between technical ice tools and what to look for.
- Climbing techniques, what to do and what not to do.
- Identifying different ice characteristics and what to watch out for.

10am-11am: After we review the above topics for the day it's time to climb some ice! We'll set up multiple routes for our guests to get after it and start swinging some tools.

11am-11:45am: Lunch break

11:45am-2pm: We'll finish out the first day with some more climbing and will also field any specific questions you may have regarding your new found passion for ice climbing!

2:30pm: Debrief in the parking area and head home for the day.

Day 2: Focus will be on anchoring systems, ice screw placement and more ice climbing!

7:30am: Guest meet up at the parking area from the previous day.

7:30am-7:45am: Unpack and sort gear.

7:45am-8am: Quick review of the previous day. This will be your initial opportunity to ask any questions you may have from day 1.

8am-10am: Approach to the climbing area for the day and setup. Below are the topics that will be reviewed.

- V-Thread anchors –what to look for in the ice, angle of placements, threading your anchor.
- O-Thread anchors – the difference from a V-Thread and why you may choose to use this anchor setup.
- Ice screws – racking your screws, ice screw placements and angles.

10am-11am: After we review the above topics for the day it's time to climb some more ice! We'll set up multiple routes for our guests to get after it and start swinging some tools.

11am-11:45am: Lunch break

11:45am-2pm: We'll finish out our final day with some more climbing and will also field any last questions you may have regarding your new found passion for ice climbing!

2:30pm: Course debrief in the parking area and head home for the day