

The
Mountaineers



SEATTLE BRANCH — 2012

ALPINE SCRAMBLING COURSE

*Looking for **adventure**? Want to learn **new skills**? Meet **new people**?
And you want to have a **great time** while you're at it?
Then the Seattle Mountaineers' **Alpine Scrambling Course** is just your ticket.
So come on, **check it out...** The mountains await you.*

Learn the skills you need to travel safely and confidently in the mountains.

The Alpine Scrambling Course prepares you to reach a wide variety of non-technical summits.



Scrambling does not require roped travel or technical climbing equipment other than a sturdy pair of mountaineering boots, a climbing helmet and an ice axe. (DON'T WORRY — you won't be climbing ice in this course)

Scrambles **are**, however, strenuous mountain climbs, and you'll need to be in good physical condition. A rough measure of adequate conditioning is the ability to hike Mount Si, from the trailhead to the base of the Haystack with a full pack (20-30 lbs.) in 2—1/2 hours or less.

Through a series of workshops and field trips, you will learn how to travel off-trail on both snowy and rocky terrain. We'll also show you the equipment that you'll need for your comfort — and **safety**.

2012 Curriculum Schedule (pick either day)

January 30 or February 7:Overview and Equipment Workshop*
February 18 or 19:1/2-day Field Trip at Camp Long in Seattle
March 26 or April 3:Snow Travel and Avalanche Workshop*
April 21 or 22 or May 5 or 6:Full day Snow Travel Field Trip at Stevens Pass
April 30 or May 8:Rock Travel and Reading Weather Workshop*
May 19 or 20:Rock and Off-trail Travel Field Trip near Leavenworth
June 2 or 3:Experience Field Trip near Cle Elum



* Jan 30, Mar 26, & Apr 30 dates are at the Mountaineers' Seattle Program Center; Feb 7, Apr 3, & May 8 are at the Old Redmond Schoolhouse Community Center



...you'll learn how to use an ice axe, first to prevent falls...



...and then, how to stop falls, should they occur.



We'll teach you the techniques for traveling on rock...



...and skills for ascending and descending on snow



After you've completed the course, you'll be ready to hone your new skills on the many Alpine Scrambling trips that we offer throughout the year.



Core Requirements

- Attend all 3 workshops*
- Satisfactorily complete all 4 field trips
- Reach the summit on each of 3 club-sponsored scramble trips (including 1 rock and 1 snow)

**All workshop sessions will be held from 7:00 pm - 9:30 pm at the Mountaineers' Seattle Program Center and at the Old Redmond Schoolhouse Community Center.*

Additional Requirements

- Completion of a **Mountaineers Basic Navigation Class** (1 workshop and 1 field trip)
We recommend that you enroll in the February or March classes so that you will be prepared for the Scrambling field trips.
- Completion of an American Red Cross **MOFA** (Mountaineering-Oriented First Aid), a 30-hour wilderness-oriented first-aid course

Textbook

MOUNTAINEERING: The Freedom of the Hills, 8th edition, published by The Mountaineers Books, is **required reading**.

As a Mountaineers member, you may purchase this book at a discount from the clubs' bookstore.

Equipment Needed

Clothing: Stocking cap, sunhat, wool or pile sweater, wool or synthetic shirt and pants, rain-proof jacket and pants, wool and/or synthetic socks, gaiters, gloves or mittens, and sturdy lug-sole boots

Gear: Daypack (2000-3000 cubic inch capacity), ice axe, foam sit pad, water bottles and/or hydration system, insect repellent, paper and a pencil, personal hygiene items, and a change of clothes for the ride home.

Ten Essential Systems:

Insulation, Hydration, Nutrition, Navigation, Illumination, First-Aid, Sun protection, Emergency shelter, Fire, and Repair kit

We suggest that you wait until after the first workshop before making any equipment purchases. Some equipment can be rented at area outdoor recreational stores.

Registration

The course fee is \$250 for Mountaineers members and \$350 for non-members.

If you are not currently a member, may join online (go to www.mountaineers.org and click on **Membership > Join**) or call **206-521-6001** to request an application.

Persons younger than 18 must have parental permission and the approval of the Alpine Scramble Committee Chair.

Registration is limited and is on a *first-come, first-served* basis no earlier than November 1, 2011, but no later than the first workshop.

PLEASE NOTE: Due to the need to build knowledge and the complexities of scheduling, **attendance is mandatory**.

If you miss the first workshop, you will be dropped from the course without a refund. ARRIVE EARLY!

See www.Mountaineers.org/Seattle/Scramble for complete information.