



KITSAP MOUNTAINEERS

BASIC CLIMBING COURSE

Class 1 and Field Trip 1

BASIC CLIMBING - CLASS #1 WILDERNESS BASICS

Class #1 Topics																
Welcome and Introductions																
Course Overview, and Expectations - Membership and Leadership																
10 Essentials Systems																
Conditioning, Hydration, and Nutrition																
Leave No Trace																
Equipment, Packing and Trip Preparation - and Clothing,																
Basic Safety Systems																
Intro to Knots - Demo and Hands On																
Field Trip #1 Preparation																
Assigned Reading (complete prior to Field Trip #1)																
<p><u>Assigned Reading: Freedom Of The Hills</u></p> <p>Read</p> <table style="width: 100%;"><tr><td>First Steps</td><td>Ch 1</td></tr><tr><td>Clothing & Equipment</td><td>Ch 2</td></tr><tr><td>Camping, Food, and Water</td><td>Ch 3, p 46 – 53, 64 – 78</td></tr><tr><td>Physical Conditioning</td><td>Ch 4</td></tr><tr><td>Leave No Trace</td><td>Ch 7</td></tr><tr><td>Access and Stewardship</td><td>Ch 8</td></tr><tr><td>Basic Safety System</td><td>Ch 9</td></tr><tr><td>Safety</td><td>Ch 23</td></tr></table> <p style="text-align: center;">On Mountaineers website, take online Low Impact Recreation course before Class 1.</p> <p><i>Basic Climbing Course Manual</i> All Class #1 Material</p>	First Steps	Ch 1	Clothing & Equipment	Ch 2	Camping, Food, and Water	Ch 3, p 46 – 53, 64 – 78	Physical Conditioning	Ch 4	Leave No Trace	Ch 7	Access and Stewardship	Ch 8	Basic Safety System	Ch 9	Safety	Ch 23
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<p><i>Additional Resources</i> www.animatedknots.com: Animated instruction on knot tying</p>																

At Field Trip Site:

Follow Club Standards: They apply on all climbs and field trips. No Pets are allowed on Club field trips or climbs. No guests are permitted to participate in Basic Climbing Course field trips.

Follow The Instructions Given And Be Courteous: The techniques taught on these field trips are accepted mountaineering techniques. There may be more than one way to do some of the things taught, but the techniques have been standardized for consistent instruction and safety. The instructors on these field trips are fellow Mountaineers who are volunteering their time to teach during these practices. Listen to their advice. If there are differences, contact the field trip leader.

Individual Field Trip Progress: At field trips, you will be responsible for your own progress from one practice station to the next. If you think you are not as far along as you should be by mid-day, talk to the field trip leader or an instructor for advice and help.

Pace Yourself, Be Organized And Be Patient: On some field trips you will rotate through a number of stations. It is your responsibility to attend all stations and to do so without wasting time. It is a discourtesy to the instructors and your fellow students to hold them up because you've been wasting time. We are all in this together. With the difficulty of organizing large groups, many times you will be asked to hurry up and wait. Please try to be understanding.

Do Not Litter: Carry out everything you carried in. At the end of each field trip, everyone will clean up the area. The Mountaineers have a reputation for leaving an area much cleaner than we find it. It is one of the reasons we are allowed to use these practice areas year after year.

Keep Your Pack And Equipment With You Wherever You Go! You will need it. You are responsible for your own gear at all times.

Lunch: There will not be a general break given for lunch. Eat when the time seems appropriate to do so.

Safety:

Please Be Cautious: There is always a certain degree of risk in any mountaineering practice or climb. Pay attention and follow your instructors' advice. Your safety and enjoyment, and that of others, depend on your cooperation.

Helmets: A helmet is REQUIRED for all Field Trips.

Miscellaneous And Departure:

Belay Devices/Münter Hitch: You are required to use an approved aperture belay device (see equipment section for list) for the course and on climbs. The Münter hitch is only to be used as a back-up. The Figure 8 and Grigri are NOT authorized as a belay devices for the course.

Latrine Facilities: Most of our field trips take place at rather remote locations. Sometimes, latrine facilities are available (a long walk might be required to get to them). A lot of times, however, no facilities are available, so be prepared to use the woods (but practice good etiquette, as noted in Freedom of the Hills) or bluebag system.

Cleanup: It is a practice of the Mountaineers to try and leave a field trip site cleaner than when we arrived. If you finish all the required items for a field trip and others still have activities to complete, check with the Field Trip Leader for a cleanup assignment.

Final Debrief: After the field trip is complete, the leader will do a final roll call to ensure we haven't lost anyone. He or she will give his comments about the field trip and then will have the instructors do the same. Finally, he will open it up to the students for any comments or suggestions.

Departure: No one will leave base camp or the parking area for home until the leader gives the okay. This is to ensure nobody is left behind in the woods, etc.

After a well-conditioned and physically "in tune" body, the second most important item of equipment is a pair of boots. Don't economize here. Boots will be one of your most important equipment purchases. **Hiking or light-weight trail boots are NOT adequate;** get good quality, medium or heavy weight mountaineering boots that will accept crampons. Try them on at the end of the day when your feet are slightly larger, with your sock combination (generally a light inner sock and a heavy outer sock), and a good pair of inserts (buys these before you try on the boots and remove the inserts that come with the

boots). Check the return policy prior to your purchase. Buy your boots early and break them in soon. Boots protect the feet from bruises of trail pounding, as well as toe stubbing or hits by moving rocks. Boots protect the feet from wetness, cold, frostbite, and freezing. Most mountaineering boots are waterproof. If not, waterproof them before attempting any course outing.

Clothing protects the body from environmental elements, which is usually heat loss, but also insects and sunlight too. The layer system allows you to adjust the ventilation to control your body heat and moisture loss and minimizes sweat saturation of your clothes. Wind and rain resistant garments are of great importance to climbers in the Pacific Northwest. Protect your head and hands especially well, as you could be finished if either fails to function. Carry a wool or polar fleece hat and a balaclava. Hands should be protected by mittens and rain proof shells. Carry extra dry wool socks and/or booties. These are light (and generally inexpensive) pieces of clothing which will make a great deal of difference in your safety and comfort.

A climber literally carries his house on his back. This makes a well fitting and comfortable pack another very important item of equipment. If the pack is too small for the outing undertaken, there is a likelihood of not taking the necessary gear. There is also a reluctance to adjust clothing while in progress because of the difficulty in getting it in or out of the bag. Conversely, avoid a huge pack and excessive loads and weights. You will want your equipment and clothing to stay warm, dry and safe for the trip using the minimum weight possible; extra weight will limit how fast and how far you go. External frame packs increase the difficulty of self-arresting a fall on snow, thus should not be used.

The following lists are offered to assist you in deciding what equipment and clothing to purchase. We encourage you to discuss equipment and clothing with fellow students and instructors, study catalogs and the Internet, and to shop around before selecting your own gear. An item that is just right for someone else may be a poor choice for you. Remember that having the right equipment and clothing can let you enjoy yourself under rotten conditions, but having the wrong equipment and clothing can spoil an outing even in ideal conditions.

A final caution: While it is OK to buy inexpensive equipment (e.g., sale or used items, or items without “bells and whistles”), avoid cheap equipment. It will fail at the worst possible time! It is also important that you purchase new items that are critical to your safety (webbing, carabiner, perlon) To avoid costly mistakes, asked experienced members of the club for advice and recommendations on equipment. It may be prudent to spend a little more on the “right” piece of equipment rather than spending twice to replace the “wrong” piece.

CLOTHING

Clothing helps you stay comfortable by creating an insulating layer of warm air trapped next to your body (keeping insects and sunlight at bay, too). The key to maintaining relative comfort is to stay dry or, when wet, to stay warm and to get dry quickly. Individuals with substandard clothing run the risk of hypothermia – a dangerous, uncontrolled drop in the body’s core temperature (a primary cause of death in the mountains).

Your clothing system must be able to assure your survival during long exposures to cold and wet conditions. Conversely, your clothing system must be able to protect you from heat exhaustion and heat stroke (a dangerous uncontrolled increase in your body’s core temperature) on hot days.

In the mountains, cotton clothing (including underwear) is known as dead man’s clothes. Cotton does not maintain its loft when wet. In fact, wet cotton clothing will increase the rate at which your body loses heat, meaning one would be better off without clothes.

No single garment or fabric is ideal for all climbers or all situations. You can optimize the effectiveness of your clothing system by applying a layering system. Layering allow for easy adjustments to the fluctuating backcountry condition. As conditions change, you are able to add, or remove, a layer of clothing. A clothing layering system includes a basic layer (the layer next to your skin), insulating layer, and a shell layer.

The following items will be needed for field trips and climbs. Keep in mind used clothing and gear works fine and saves money. Cotton clothing is not appropriate and is not permitted on climbs or field trips, except for temporary mid-day wear on hot, dry days. Poly-pro/pile/wool clothing must be worn on all other times, and must be available in the pack on hot, dry days.

A note on wool: This material is an excellent insulator. However, it can become quite heavy when wet.

EQUIPMENT & CLOTHING: NOTES ON EXPENSES

Climbing requires a fair amount of equipment, and if you are not already a well-equipped hiker, it can be expensive to outfit yourself. If you have the resources, and want all new, or top-of-the-line, gear – it would be easy to spend \$1,000 or more. Many of us don't fall into that category. Fortunately, there are plenty of options available, if you are on a tight budget.

1. **USE THINGS YOU ALREADY HAVE** – Most everyone has a few items at home that are perfectly adequate – tech clothing for other sports, wool clothing, first aid supplies, hats, mittens, sunglasses, etc.
2. **BORROW FROM A FRIEND OR RELATIVE WHO HAS THE GEAR** – With increasing numbers of hikers, you shouldn't have to look far to find someone who can help you. This is a good way to find things like ice axes, maps, gaiters, rain gear, packs, or stiff mountaineering boots. Make sure, though, that the equipment is reliable and fits properly.
3. **RENT** – You may want to defer the purchase of some items and rent them for the few occasions they are required for the course. Most local outdoor shops rent packs, ice axes, mountaineering boots, snowshoes, and other outdoor equipment. This is also an excellent way to try major items before purchasing them. Don't wait until the last minute to rent because most stores have limited supplies, and demand for these items on weekends can be VERY high. Some stores will apply the rental cost toward the purchase of the item.
4. **PURCHASE USED EQUIPMENT** – There are several sources for used gear but avoid buying critical safety gear that has an unknown history.
5. **GROUP BUYING** – Some vendors offer discounts for group buys or for purchasing more than one of an item.
6. **BE AN INFORMED BUYER** – It's easy to spend more money than necessary. Talk to the Basic Climbing Course Committee members and other experienced leaders, instructors, or scramblers to gather as much information as you can. Remember, though; take no one's advice as absolute. It's ultimately YOUR choice to determine what's best for you.

REQUIRED EQUIPMENT

Table 2 identifies equipment that will be needed at each field trip. **THESE ARE GUIDELINES ONLY! ADDITIONAL MODIFICATIONS TO THIS LIST MAY BE MADE IN CLASS.** If renting, be sure to reserve items ahead of time.

NOTES ON REQUIRED EQUIPMENT

- **SEAT HARNESSSES:** Must be UIAA approved and have a belay loop. Gear loops are needed for carrying carabiners and other pieces. Make sure there are no pinches while hanging and walking around in it. Waist belt strap must have 2 to 3 inches sticking out after re-woven through buckle, if that is the system for the belt. Study the instructions provided by the manufacturers and always follow their recommendation for backing up harness, tying & clipping in for belaying, climbing and rappelling. **ALWAYS FOLLOW THE MANUFACTURER'S INSTRUCTIONS!**

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- **BELAY DEVICES:** The only approved belay devices for the basic course are the cone shaped or somewhat squared tube type (ATC Guide, Petzl Reverso 4, etc.). **Sticht Plate. “Figure 8” and “Petzl Grigri” devices are NOT authorized belay devices in this course. .**
 - **PEAR-SHAPED LOCKING CARABINER:** Large enough to clip around seat harness at waist. Either screw lock or auto-locking devices are acceptable. An offset-D locking carabiner is not allowed.
 - **OVAL OR D-SHAPED CARABINERS:** Smaller sized locking carabiners can be harder to use but are lighter in weight. Start your gear collection with standard size.
 - **NON-LOCKING CARABINERS:** Obtain wire gate carabiners as they are lighter and the gates have less mass, hence less tendency to open. Again, start your gear collection with standard size rather than micro size.
 - **SLINGS, WEBBING, AND PERLON CORD:** The Kitsap branch has adopted the use of nylon sewn runners as the standard for the Basic class as they are stronger than tied runners.
 Slings made from webbing are used in climbing and you will need a tied webbing for your chest harness. Have your webbing and perlon cut at the store when you buy it! It is a good idea to use different colored slings or webbing for different sizes or purposes (singles, doubles, personal anchor, chest harness). The different colors allow you to easily recognize the sling when climbing.
 Tied runners are made from 5/8” or 1” tubular webbing cut to the following length. .
 - 8 feet – chest harness sling (color A)
 - 9 feet – double sling (color B – Note: obtain double nylon, sewn slings)
 - 5 feet – single sling (color C – Note obtain single nylon, sewn slings)
 - Use 6-mm perlon for leader tie-off, Texas Prusiks and pack sling only – Do not let the store clerk talk you into 5-mm perlon!
 - 12 feet of 6-mm perlon (color D) for foot prusiks
 - 6 feet of 6-mm perlon (color E) for chest prusik
 - 4 feet of 6-mm perlon for Tie-off loop (aka Hero loop)
 - **PERSONAL ANCHOR:** One of your double runners can be used as a personal anchor. Manufactured personal anchor systems, such as a Metolius PAS, are also acceptable.
 - **HELMET:** Must be UIAA approved (or CE marked).



Table 2: EQUIPMENT MATRIX

	Field Trip						
	1	2	3	4	5	6	7
Climbing Equipment							
3 Singles Sewn Slings (dyneema, spectra, or nylon)		X	X	X	X	X	X
3 Double Sewn Slings (dyneema, spectra, or nylon)		X	X	X	X	X	X
2 Personal anchors (sewn nylon double runners, Metolius PAS or approved equal may substitute for one)		X	X	X	X	X	X
Chest harness (tied webbing)		X	X			X	X
Tie-off loop (aka Hero loop made of perlon)		X		X	X	X	X
Foot and Chest Prusiks (perlon)		X	X	X	X	X	X
Seat harness with belay loop	X	X	X	X	X	X	X
6 non-locking wire-gate carabiners		X	X	X	X	X	X
Locking pear-shaped carabiner	X	X	X	X	X	X	X
3 Locking carabiners (oval or D)	O	X	X	X	X	X	X
Belay device (Petzl reverso, BD ATC Guide, or similar)	X	X	X	X	X		X
Chock pick					X		
Belay gloves	X	X	X	X	X	X	X
Basic Equipment							
Ten Essentials	X	X	X	X	X	X	X
Map			X				X
Glacier glasses w/ side shields			X				X
Overnight Pack (60 to 75 liter)			X				X
Day Pack (35 to 45 liter)	X	X		X	X	X	
Climbing helmet	X	X	X	X	X	X	X
Ice axe with leash (cover adze w/ duct tape or guards)			X			X	X
12-point crampons, horizontal front points (check fit on YOUR boots)			X				X
Snow shovel (metal)			T				T
Aluminum picket, 24" in length			X			X	X
Rescue pulley (prusik minding)						X	X
Tent for 2 (3 or 4-season w/ snow stakes/anchors)			T				T
Sleeping bag (warm to 20°F or less)			X				X
Sleeping pad			X				X
Sit pad			O				O
Stove, fuel, & pot			T				T
Utensils, cup			X				X
Food	X	R	X	R	X	R	X
Clothing							
Hard shell rain jacket	X	X	X	X	X	X	X
Hard shell rain pants	R	O	X	O	O	R	X
Gaiters	R		X				X
Wool/synthetic hat for warmth	X	X	X	X	X	X	X
Sun hat and/or bandanna	R	R	X	R	R	R	X
Wool or synthetic underwear	O	O	X	O	O	O	X
Base layers							
• Long-sleeved shirt	O	O	X	O	O	O	X
• Fleece/wool shirt							
Parka with hood	O	O	X	O	O	O	X
Gloves, 2nd Pair	X,O	X,O	X,X	X,O	X,O	X,O	X,X
Mittens, Overmitts (waterproof shell)			X,X				X,X
Mountaineering boots	R	X	X	X	X	X	X

Legend:

O = Optional

R = Recommended, but optional for this field trip

T = per Tent (2 people share)

X = Required

CONDITIONING

The most important piece of equipment you own is your body. Muscles and bones are created for work and will increase in capacity to handle the load required. This premise is the basis for body conditioning and must be done or the penalty can affect the individual and party to the point of considerable hazard. Tired climbers slow group progress and they become increasingly faulty in movement and judgment. For lack of physical conditioning, numerous destinations aren't reached and the trip becomes an ordeal for all involved. Please make sure your own conditioning will allow you to participate in all activities comfortably and safely.

Energy expenditures may be nearly identical for all members of a mountaineer party on a trip together. But there may be wide variations in their available aerobic power - their body's ability to absorb and use oxygen. The amount of oxygen a person can use to do muscular work depends on age, sex, and training. An individual's maximum oxygen consumption is the amount of oxygen used to work to exhaustion, that point where muscle biochemistry will not allow any further work. The experienced mountaineer sets the pace using a proportion of their available power so that they are capable of continued exertion to achieve the summit, to descend safely, and to drive home. If you have less aerobic power than the other members of the party, you will be using a much greater proportion of your total aerobic capacity. The greater proportion of your aerobic capacity you use, the more you have to push to keep up and the sooner you will be exhausted.

Two techniques all should practice and use when climbing at elevation are the Rest Step and Pressure Breathing. Pressure Breathing is a way to force more oxygen absorption by the lungs by pursing your lips as exhaling, thus inflating your lungs. Pressure Breathing is done in a rhythmic manner depending on the individual, altitude and exertion - for instance, maybe every fourth breath traveling to Camp Muir. The rhythmic nature of pressure breathing is often coordinated with the rhythmic nature of the rest step.

Your desire to climb mountains and scramble in the high country does not automatically give you the aerobic capacity you need to be a capable member of a climbing party. Class, reading, field trips, and practice sessions can provide you with the technical know-how, but aerobic power can only be gained if you regularly participate in strenuous physical activity that will develop adequate aerobic capacity! If you really want to achieve your desire, start now to make it physically possible!

Jogging, swimming, bicycling, climbing stairs, hiking and other strenuous activities have an aerobic training effect if done regularly for a long enough period of time. The activity should be prolonged enough to warm the muscles, produce a sweat, and induce mild breathlessness. To be of aerobic value, exercise should be 30 to 45 minutes in duration. Increase the length of your workout each week by 10 percent.

Are You In "Condition"?

Running, bicycling and swimming all help to improve ones aerobic conditioning; however being in condition for mountaineering activities requires a little bit more. Climbers are generally active at higher elevations and for longer periods of time, while carrying heavier loads.

If you are in acceptable condition for mountaineering, you can ascend non-technical terrain at a rate of about a thousand feet per hour with a 35 - 40 pound pack and maintain that pace for three or more hours. To improve your "condition", climb Mt. Walker with a 35 - 40 pound pack. It should take less than three hours, with most averaging 2 to 2.5 hours the first time in good weather conditions. Those who push themselves hard to get up in less than 1.5 hours tend to then go down and be completely exhausted and done. The better test of endurance is once done with the 1st round hit it again 1 or 2 more times keeping with a steady pace. Repeats help build the endurance need for climbs such as Mt. Rainier 2-peat is ~ 4 hours, 3-peat is ~6hours and 4-peat is ~ 8hours. If you are having trouble, walk up hills or stairs with a heavy pack. Both jogging and bicycling up hills also builds the muscles needed to ascend mountains.

If You Are Not In "Condition"

- * You fatigue after a short period of time.
- * You use more oxygen for a given amount of work - your body is inefficient.

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- * More lactic acid accumulates in your muscles from exertion - tending to produce cramps and stiffness and soreness in following days.
 - * When you force yourself to reach the summit, you do so at great cost to your body's economy.
 - * When you push yourself to exhaustion, you frequently stumble and become too tired to think clearly.
 - * You are a liability to the party.
 - * You have no reserves.
 - * You recuperate slowly, and are still dead-tired the next day.
 - * You are readily subject to the diseases and ailments of a sedentary life.

If You Are In “Condition”

- * You can keep going more comfortably and for a longer period of time.
- * You have lower oxygen consumption for a given amount of work because your lungs perform more efficiently.
- * There is less lactic acid in your muscles from exertion and consequently little or no stiffness or soreness.
- * You have the ability to push yourself further with safety.
- * You have a real reserve available for an emergency.
- * Your body functions automatically and you can concentrate on route finding and technical skills.
- * You are an asset to the party.
- * You enjoy yourself.
- * You recuperate faster after an exhausting effort.
- * You have built up a wall of defense against diseases and ailments of the sedentary life.

Psychological Conditioning

Mountaineering can be a very rewarding experience. An often under-emphasized component of mountaineering and its rewards is psychological conditioning or preparedness. In addition to the obvious expenditures, physical and financial, the Basic Climbing Course makes demands on one's life in the psychological arena as well. Some of these factors include: time, impact on family and friends, exposure to new and potentially anxiety provoking experiences (i.e., emotional reactions), and effects of intensive learning (i.e., cognitive demands).

Time

The quantity of time involved in the Basic Climbing Course is significant. The vast majority of this time will be spent in preparation: studying materials, attending class and field trips, and shopping for and assembling food and equipment.

Preparation for field trips will probably take twice as long as you estimate. With increased experience, your preparation efficiency improves; however, because field trips in the latter half of the course are more complex and demanding, total preparation time may remain constant.

Another facet of time commitment is the quality of the time involved in mountaineering activities. For most of us, mountaineering is a recreation activity. One aspect of recreation is “down time”, or time to relax and rejuvenate away from the commitments in the rest of your life. Especially at the beginning, mountaineering is not relaxing. Instead, it demands sustained attention, focused concentration, learning under less than ideal conditions, and a lot of flexibility.

Important Others

This course will affect your home life, friends, family, and pets. The commitments in the rest of your life will feel the effects of your absence and the attention you are devoting to this project. Providing them with a thorough account of the commitment you are undertaking will do two things: (1) Give them the information they need to understand how this will affect them; and, (2) Help gain their support — from which you will benefit!

Emotional reactions

Mountaineering will expose you to potentially anxiety provoking experiences, from glaciers and crevasses, to sheer rock faces, to long hikes out by headlamps in the dark, when you are bone tired. Make an agreement with yourself to challenge yourself at a pace that you can tolerate and sustain. Comparison of your internal experience with someone else's external appearance is usually of limited value. Teamwork helps keep things in perspective. Mountaineering is a two-way experience - at each end of the rope.

Cognitive demands

Finally, the effects of intensive learning (often under adverse conditions) are easy to overlook. For many of the students in the basic course, you are learning a great deal of new information in a short amount of time. Take care of yourself by getting adequate rest, exercise, and pacing yourself in the activities that fulfill the course requirements. Solid psychological conditioning will better enable you to incorporate new information in the course, ultimately make safe, sound decisions in the mountains.

Give yourself credit. It's a challenging course. It gets easier (and more fun) the longer you do it.

KNOTS

Knot-tying is an inherent part of roped climbing, and you and your partner's safety depending on the ability to tie appropriate knots correctly and to recognize correctly tied knots. The following knots are required for the Basic Climbing Course unless indicated as optional.

1. Overhand Loop Knot – prusik leg loops
2. Overhand Slip Knot – attach runner to carabiner
3. Square Knot – secure ends of coiled rope
4. Water Knot – tie webbing together (Test)
5. Figure 8 on a bight – tie into anchor (Test)
6. Bowline – tie into anchor (Test)
7. Rewoven Figure 8 – tying into a harness at end of a rope (Test)
8. Double Bowline – tie into a harness in the middle of a rope (Test)
9. Butterfly Knot – tie into harness in the middle of a rope (Test)
10. Double Fisherman's knot (Double Fisherman's bend; Grapevine knot) – tie perlon or ropes together (Test)
11. Girth Hitch – securing items (Test)
12. Clove Hitch – tying into an anchor with ability to adjust (Test)
13. Münter Mule – tie off a fallen climber and escape from belay
14. Münter Hitch- belay (Test)
15. Prusik Hitch – crevasse rescue techniques, general aid in rope climbing (Test)
16. Autoblock Hitch – used as a self belay during rappels (Test)
17. Bachmann Hitch - friction (optional)
18. Klemheist Hitch – friction (test)

You will be tested for the above indicated knots. You will be expected to tie all of these knots under the close scrutiny of your instructor. Your knots will be inspected for good dressing. You will need to be able to tell how and why each of the knots is used. **PRACTICE! PRACTICE! PRACTICE!**

Refer to the Knots section of Chapter 9 in *The Freedom of the Hills*. You can also find animated illustrations of most of these knots at the web site www.animatedknots.com.

CLASS #1 KEY POINTS & OBJECTIVES

By doing the recommended reading before the class, taking notes at the class, using the study guides, and being prepared for field trips you should be well prepared to successfully complete this course.

Key points

- Critical skills and essential skills including conditioning.
- Safety--contributing factors to mountaineering accidents; rock and glacier climbing specific hazards; prevent incidents; do safety check of anchor, yourself, and your partner
- Climbing Code -- **Memorize** the Climbing Code

The course is physically, mentally, and emotionally demanding. It is designed to provide you with the basic information and skills to become a competent and safe beginning Mountaineer. Standards must set to ensure the safety of all the participants and students are expected to meet these standards.

Field Trips:

- Be on time! This means be dressed, and with all appropriate gear, at the designated start time.
- Have all of your required and additional gear.
- Bring a change of clothes for the drive home. You can count on it raining on FT's more often than not.
- Bring plenty of snacks and a thermos of something hot. Eat and drink often, there will be no designated lunch breaks. Get in the habit of drinking water frequently during FT's.
- Restrooms: All snow FT's will have a designated area for the group and use blue bag system.
- Review the material to be covered prior to the FT. This will make your day more enjoyable.

Getting Ready-Taking Responsibility

Organize: Get a calendar and plot out all the course class, field trips and other important dates. Compare the dates to your work schedule and family commitments. Look for potential problems and start planning what you will do. When the Climb Schedule is available look at what trips you would like to do, put them on your calendar and note the sign-up date. Plan backup trips!

Get Fit for Climbing: Get yourself ready by physically conditioning. Utilize the three components - aerobic, strength training, and stretching - to construct a personal fitness plan and implement it. There is no substitute. Get out and do the activity. Take advantage of many conditioners, hikes and scramble trips the club offers. Get out with other students. Ask members for suggestions on places to train.

Prepare & Practice: Review the suggested material prior to field trip. Practice prior to and after the field trip. Consider getting a partner and practicing together.

Preparing for Field Trip One Prep and Field Trip One

- Study & learn how to tie the required knots and explain their use.
- Explain how to care for a rope. Demonstrate how to properly coil a rope.

REMEMBER!

- Practice your knots and attempt to pass the Knot Test as early in the course as possible. The Knot Test must be passed by the end of the Rock 1 FT.

Basic Climbing Course - Class #1 Study Guide
Conditioning, Equipment, Safety, Climbing Code, Intro to Knots

The purpose of this study guide is to ensure you understand the material and help you thoroughly complete your reading in order to better prepare you for upcoming class and field trips.

1. What are the precepts of the climbing code?
2. Identify the 10 essentials and make sure you have all of them in your pack.
3. When should a climbing helmet be worn?
4. What do you consider to be your level of fitness? What is your training program for the completion of this course?
5. List three health problems that may arise associated with the mountaineering environment.
6. What clothing and equipment do you have and what do you need to acquire? What gear from other activities can you use instead of acquiring additional items?
7. Review the knots in the FOTHs in preparation for learning at the class.
8. What is the weather forecast for the field trip? Do you have the right clothing and weather protection?

FIELD TRIP #1 – INITIAL FIELD EXPERIENCE

FIELD TRIP #1 PREP– FUNDAMENTALS PREPARATION	
Time	See Administrative Section – Basic Climbing Course Schedule and confirm on Mountaineers website or with Lead Instructor Duration - FT will last approximately 6 hours
Location:	Green Mtn./Gold Creek Trailhead
Purpose:	<ul style="list-style-type: none"> ▪ Have seat harness checked and approved ▪ Gear check including 10 Essentials ▪ Basic of rope management including flaking and coiling ▪ Practice of basic knots ▪ Observe belaying demo then practice with belay device and Munter Hitch ▪ Hiking as a climbing group ▪ Assessment of level of physical conditioning
Prerequisites:	<ul style="list-style-type: none"> ▪ Attend class #1. ▪ Read Class 1 reading assignments
Assignments:	<ul style="list-style-type: none"> ▪ Read <i>the Freedom of the Hills</i>: Read Basic Climbing Manual Field Trip 1 Prep material ▪ Practice beforehand tying these knots: <ol style="list-style-type: none"> 1. Double bowline - bowline On A bight 2. Münter Hitch 3. Rewoven Figure Eight
Equipment	<ul style="list-style-type: none"> ▪ See Required Equipment FT1 on the Equipment Matrix (Class 1)
Special Notes	<ol style="list-style-type: none"> 1. Mountaineering boots desired but hiking boots allowed for this trip only 2. Hiking poles (optional)