

## **Canyoning - Mountaineers Acceptable Equipment**

### **Harnesses**

Students in Mountaineers courses will be required to use a standard canyon harness or caving harness, preferably with a low bridge (hard point), but a standard soft tie-in point is acceptable. Students can use any type of non-rated strap or suspender to support the croll.

Participants on Mountaineers Trips may use any rated harness (including a climbing harness) at the leader's discretion. Participants may use a rated chest harness at the leader's discretion.

### **Shoes**

Students in Mountaineers courses must wear stiff-soled closed-toed shoes that have sticky rubber soles or vibram soles.

Participants on Mountaineers Trips may use felt-soled shoes at the leader's discretion.

### **Cowstails**

All students and trip participants must have 9mm-11mm dynamic cowstails of two lengths. Adjustable cowstails are acceptable.

### **Helmets**

All students and trip participants must wear a CE rated Climbing or Paddling Helmet with a pealess whistle on the helmet strap.

### **Descender**

All students in Mountaineers courses will be required to use a modified-eight variable friction descender, such as a Critr, Pirana, ATS, Hanibal, Hoodoo, Resonator, etc...

Students in more advanced Mountaineers courses will learn skills for rappelling with a simple eight, a Totem, and other more nuanced devices.

Participants on Mountaineers trips may, at leader discretion, use a simple figure eight, a caving rack device, or a Totem, if they can demonstrate that they know how to use it.

### **Thermal Protection**

All students and trip participants must have thermal protection appropriate to the conditions. Wet suits and dry suits are acceptable. The leader may designate minimum attire based on conditions.

## **Floatation**

All students and Mountaineers trip participants must wear floatation appropriate to the conditions. Neoprene, dry suits, and PFDs may be acceptable. The leader may designate minimum floatation based on conditions.

## **Hand Ascenders**

All students in Mountaineers courses will be required to use a mechanical device designed specifically for ascending a rope. A Petzl Basic (or similar small mechanical ascender) is recommended, but a handled ascender is also acceptable.

Students in more advanced courses may learn to ascend using a Valdotaian Prusik or a progress-capture pulley.

Participants on Mountaineers trips may use a mechanical hand ascender, progress capture pulley, or VT Prusik, at the leader's discretion.

Note: Prusik hitches or other friction hitches using a hollow-block or spectra/dyneema cord are not acceptable. Hollow-blocks have proven to fail in a canyon environment, and spectra/dyneema have a low melting point and are very slippery, lacking the reliability that a VT Prusik has.

## **Chest Ascenders**

All students in Mountaineers courses will be required to use a Petzl Croll or similar mechanical ascender meant for a frog-ascending system.

Students in advanced courses may learn additional "improvised" ascending techniques. Participants on Mountaineers trips may use a mechanical chest ascender or other improvised ascending technique at the leader's discretion.