



# Snow Travel, Anchors, Belays & Avalanche Awareness

Basic Climbing Course Lecture #4

April 6, 2016

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## Appendix – Snow camping basics

# Where to camp?

- ▶ Where there's a view!
- ▶ Close to running water
- ▶ With natural wind protection
- ▶ With natural food hanging options
- ▶ At no risk of avalanche
- ▶ When possible **not** on a glacier!



Ruth Icy – August 2014

## Setting up camp

- ▶ Dig a flat snow platform and stomp it down for your tent/bivvy



Shuksan – August 2013

## Setting up camp

- ▶ Dig a flat snow platform and stomp it down for your tent/bivvy
- ▶ For tents dig a foot well with steps down & in
- ▶ Construct a windshield wall if wind anticipated



Clark – July 2012

# Setting up camp

- ▶ Dig a flat snow platform and stomp it down for your tent/bivvy
- ▶ For tents dig a foot well with steps down & in
- ▶ Construct a windshield wall
- ▶ Dig a cooking / dining table and sitting area for the group
- ▶ Designate party separation area(s)



Baker – June 2011

# Shelter alternatives

- ▶ Depending on weather forecast, number of days out, and destination consider alternative shelter:

Option	Weight	Protection	Comfort
Bivvy	Light	Enough	Enough
3 Season	Medium	Better	Better
4 Season	Heavier	Best	Best

- ▶ Consider sharing a double tent to reduce overall party carry weight

## Nice to have amenities

- Insulation pad is a must!
- Make a pillow with stuff sack filled with extra clothing layers
- Eye shade & ear plugs
- Dry under layer to sleep in
- Music and/or an e-book on your mobile device to mimic home bedtime ritual
- Water bottle close at hand for dry-mouth & to reduce mid-sleep muscle cramps
- Pee bottle, . . .



Silver Star – June 2012

# Food at camp

- ▶ Dinner:
  - ▶ Quick hot soups (Miso) as an appetizer
  - ▶ Light freeze-dried dinners (purchased or home prepared)
  - ▶ After dinner hot drinks (cider / cocoa)
  - ▶ Something to share (cookies/chocolate)
- ▶ Breakfast:
  - ▶ Fast & easy oats
  - ▶ Instant coffee already mixed with sugar and powdered cream



Shuksan – August 2013

# Food on the go

- ▶ Lunch snacks:
  - ▶ Easy to eat and ready at hand
  - ▶ Things you'll look forward to eating:
    - ▶ Cranola & nuts
    - ▶ Dried fruits & meats
    - ▶ Cookies & sweets
  - ▶ Trace minerals to address muscle cramping
- ▶ Back at the trail head:
  - ▶ Salty crunch!
  - ▶ Ice chest for sodas

