**The Climbing Party**

*(45 minutes) 2018*

1. **Most of our course is technical stuff**

**[SLIDE – Party]**

* 1. This will be different. **[SLIDE – Not ALL About]**
  2. We thought that somewhere in this long course we ought to address the fact that climbing is not ALL about knots and carabiners.
  3. Also about attitude, emotion, aesthetics, **wisdom** - and above all about People **[SLIDE – People – Inter Glacier]**
  4. So here for few minutes, we’ll look at the SOFT skills needed.
     1. **People** skills …
     2. and what we might call **Wisdom** – which combined with the technical skills you’ve learned will make you a safe and seasoned **climber.**
  5. Let’s spend a few minutes thinking not about how to CLIMB, but how to **BE** a climber.

1. Note that Ch. 21 was assigned.
   1. Why?? Some of you will be future leaders
      1. But a few years off
      2. So how does Ch 21 apply?
      3. Because it is about how a climbing party functions.
      4. Last section of Ch 21 is “Everyone a Leader” **[SLIDE – SIG - Mtnrs dome]**
      5. Your Handbook, pg 1: “Not a guide service”. Hear that a lot.
      6. What that means is that everyone is a fully responsible member of the party.
         1. **Everyone** needs to think about the party - as a leader does.
2. **Go through an imaginary climb together**
   1. Illustrate with Slides, and a few War Stories
   2. Again, our topic really is People – Including yourself
      1. Development of a WISE Alpinist
3. **Getting Ready for our Imaginary Trip - [SLIDE**: **at trailhead – Rainier Emmons] EQUIPMENT** 
   1. What to take? **[SLIDE – What to Take?]**
      1. Matrix in Handbook
      2. We’ll tell you to take lots of stuff
      3. Most take too much, but how do you **know**?
   2. Individual matter
      1. Let Experience tell you
      2. Be Archaeologist of your own pack.
      3. Check what you Don’t use
      4. [**STORY**] 2nd pr wool pants
      5. But …[**STORY**]… pile pants
   3. **FOOD [SLIDE – What to take – FOOD?]**
      1. Take food you like.
      2. My favorite - Oatmeal cookies - Nature’s perfect food.
      3. To enhance the vicarious experience of our climb
      4. ... >>>**[H/O COOKIES] <<<**
4. **At Trailhead. Ready to Leave .** 
   1. **[SLIDE**:
   2. **Heading up Trail, Moraine/Emmons**]
5. **NAVIGATION**
   1. Memories: Following boots up trail
   2. **Participate**; don’t wait to be led.
   3. **ORIENT** at Trailhead.
   4. See self from above - Marching over map. Like video game.
   5. Practice. Get map and rte. Description; Try to follow route from description.
   6. More than one leader has been saved from error by an alert student who bothered to keep track …
6. **Now Going Up Trail [GROUP DYNAMICS]**
   1. **[SLIDE**: **Approach to Little Tahoma**]
   2. Getting to know each other. Group of strangers.
   3. [**STORY**: My history - Now enjoy group]
   4. Marvel to see how they pull together
      1. Everyone on best behavior
   5. BUT-Don't take it for granted. **WORK** at it!
      1. Talk/Introduce
      2. Look for ways to help.
      3. For this day or this weekend, these are the **most important** people in your life
      4. [**STORY]**: Dr. on Rainier
         1. Dead guy!/Oh, Paperwork !/ CC gets snarky
         2. Who wants to summit Rainier?
         3. Party pulled him up
      5. So take responsibility
      6. Help keep party together
         1. Especially going OUT
         2. Stronger tend to jet ahead - leaving weakest alone - just when accidents most likely!
      7. **[SLIDE- Log Crossing – Silver star]**
         1. Good rule: Regroup at trail junctions & difficult places.
7. **EFFICIENT MOVEMENT [SLIDE – Efficiency – 3 bullets]**
   1. Speed can be important - Safety
      1. Off technical terrain before dark
      2. Out of couloir before sun hits.
   2. FEAR: Will I Be the Party Wimp?
   3. What is speed?
      1. Climbing is endurance event, not a sprint.
      2. Speed IS NOT how fast you walk, but how well you use your time. In general, (1)Be organized and (2)Keep moving.
   4. Breaks: **Organize** Pack
      1. Eat, drink, clothing
      2. **Think ahead.** What’s on top/On bottom?
         1. Water, snacks, warm layer**,** gloves in pocket.
   5. Don’t move faster than you can sustain, but DO **Keep Moving** !
      1. e.g., what the Rest Step is all about.
8. **Now we rejoin our rock climb** 
   1. **[SLIDE: FIRST VIEW OF KANGAROO]**
      1. Note: helmets on. WHY already ??
   2. **[SLIDE -TOOTH]**
   3. Talus - Sharp. Will roll - Test footing.
   4. **Helmet-** protects head from rockfall but **ALSO from** falling **against** rock
   5. **COULOIR** (French for Ugly Gully)
      1. **[SLIDE - MT. TEMPLE]**
      2. Geology - Less competent rock
      3. Soft, Low angle. LOOSE STUFF = **DANGER**
      4. You can slip, and …
      5. Shooting gallery for those below.
      6. Rockfall injures **as many** climbers as falling.
   6. **RULES OF ENGAGEMENT** for couloir
      1. Helmet!
      2. Move **carefully** on loose steep surfaces- Difference between experienced and novice.
      3. Believe it or not, this IS a skill. LEARN IT ! Some principles:
         1. Test each
         2. Pick up and move
         3. Use living rock
         4. Stem or climb sides
      4. But mostly, it’s **body** **movement**.
         1. Remember our time on the friction slabs?
         2. Small steps – don’t lunge
         3. Flat-foot, don’t kick off w/ toe
         4. Keep eyes on ??? – “FEET”
         5. One of the necessary SOFT SKILLS
      5. **ROPE** in the couloir? A tradeoff:
         1. Can knock off rock: hit climbers, and perhaps damage the rope.
         2. Rappelling vs.downclimbing on loose terrain?
            1. You rappel down the fall line.
            2. If the rope knocks off a rock, where will it go?
      6. **[SLIDE –Kangaroo Temple Descent]**
      7. STRATEGY:
         1. **Bunch up** - Nose to tail
         2. If **large** Party Proceed In groups

**X. TECHNICAL CLIMBING**  Now, finally beginning the CLIMB !

* 1. **[SLIDE: LEADING OUT]**
  2. Again: Beware loose rock --
     1. Test holds
     2. **YELL**!! Rock, Rock, Rock!
  3. **[SLIDE - BELAYER]**
     + 1. Exemplary belay here.
       2. Not about ropes and knots- about YOU taking good care of your friend.
  4. **[SLIDE - Leader PLACING PRO]**
     1. Leader=Rack
     2. Student=Pack for both, consolidate gear.
  5. **[SLIDE – You following and cleaning]**
     1. (Not shown here, but such cool picture

1. [**SLIDE - EXPOSURE, FEAR & DANGER]** Another **WISDOM**
   1. Define **EXPOSURE**
      1. Some anxiety is GOOD! Last rope partner I want is Fearless one.
      2. But should not be paralyzing
      3. For most people, after experience, “something clicks”
   2. **DANGER -** 
      1. **[SLIDE: STARTING AROUND]**
      2. **[SLIDE: AROUND THE CORNER!!]**
      3. Surprisingly, we need to **learn** difference between **fear** and **danger** WISDOM
      4. Industry - 30’. So does 300’ or even 3,000’ really matter?
      5. But … 10’ if broken rock below and no protection.
      6. You will be top-roped -- so little danger IF everyone does what you are being taught in this course.
      7. [**SLIDE- Corner Repeat**]
      8. Show on Slide: Climber is very SAFE - Could hold car!
   3. **[SLIDE X-rays]** **[STORY:]** 
      1. My accident
      2. Rock size of average Basic Student
      3. Shoulder OK, but will never be normal.
      4. Not to elicit your sympathy, but ... after 30 years of climbing …
      5. WHERE did it happen ?
         1. **[SLIDE: Here ?]**
         2. **[SLIDE: Or Here?]**
      6. Class 2 gully on a crummy little peak you never heard of …
      7. **Point is** – Scary & Dangerous NOT the same.
      8. And learning to **RECOGNIZE** danger is a **SKILL, a WISDOM** – an important one. NOT part of how to climb, but definitely part of “How to BE a Climber”.

1. **Back to our climb.** 
   1. **[SLIDE:** **NEARING SUMMIT, N Ridge Stewart]**
2. **And … Some Summits**
   1. [**SLIDE -**  **Summit Stewart]**
   2. **[SLIDE – Volcan Lanin, Patagonia]**
   3. **[SLIDE – Rainier]**
   4. **[SLIDE – Rainier Euphoria phase 1]**
3. **The Descent [SLIDE – Euphoria, phase 2]**
   1. Rappelling
      1. **[SLIDE: WHITEHORSE]**
      2. **[SLIDE – KANGAROO]**
      3. **Rappelling** is fun ... but unforgiving
      4. Remember “Toast”?
      5. You have been drilled on the **technical** skill, but there is a **PEOPLE** part of rappelling (and remember, that’s our topic tonight)
      6. **[SLIDE - KANGAROO Again]**
      7. BUDDY SYSTEM - Check each other out SYSTEMATICALLY AND OUT LOUD
   2. **[SLIDE – the Descent**]
   3. Can be a dangerous time
      1. Downclimbing more difficult
      2. In a hurry
      3. Tired/ Darkness
      4. Be Careful! **Don’t Rush!**
      5. Keep together on the way out
      6. **Don’t** prove your stuff by being the macho beast who’s first back to the cars.
      7. Prove your **people** skills by watching companions who may be tired and need a little help or encouragement.
      8. **REMEMBER: EVERYONE A LEADER**
4. **NOW DOWN**, unroped, headed back  **[SLIDE – CONSTANCE]**
   1. To civilization, with its comforts and discontents
   2. Can only be brief visitors in this alpine world.
   3. Mountains are sublime
   4. And summits are thrilling
   5. You are embarking on great adventures
   6. Your first summits will be experiences you will never forget.
   7. I wish you great joy
   8. Climb safely, please
   9. And I look forward to climbing with many of you this year and in years to come.
5. FINIS