



Welcome to the
Seattle Basic Alpine Climbing
2024
Meet and Greet





Your Basic team - basic.climbing@gmail.com



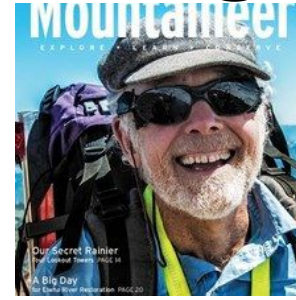
Donia Zaheri
Field Trips



Mary Lou Biggs
Student Tracking



Annora Ayer
Records, Tech



Cebe Wallace
Meet and Greet,
Graduation



Don Sarver
Basic Equivalency,
Admissions



Barb Moteller
Basic Refresher



Peter Clitherow
Course Chair,
Admissions



Glenn Eades
Graduation



Jan Abendroth
Lectures



Julie Zhang
Field Trips

AND: SIG leaders, Field trip leaders, helpers and instructors, at large members...



Instructors

- We are not a guide service.
- We are volunteers, who love to climb – and teach.
- We love introducing people to the mountains.
- We are paying it forward and passing on the legacy.
- We do our best to provide a safe and excellent experience.
All of us have Mountaineers approval, very few have professional (AMGA, AAC) certification.
- We hope you'll be thrilled about the course and that you will want to volunteer in the future.



Time commitment

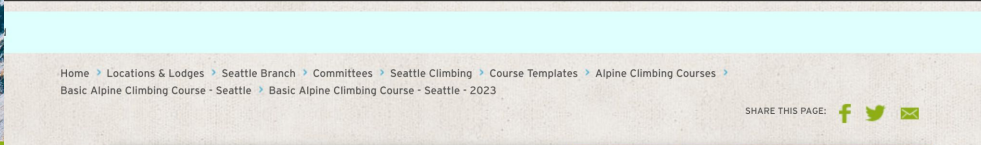
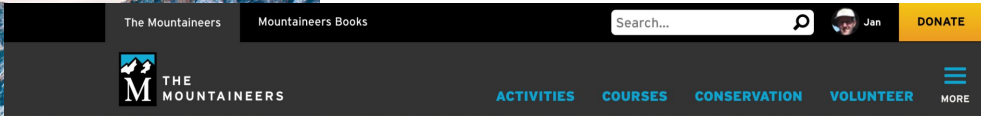
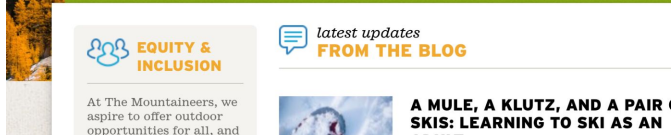
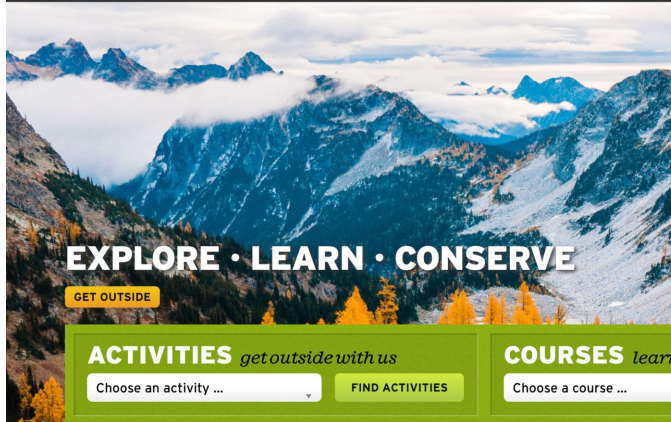
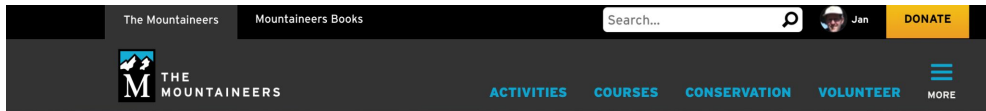
Winter: Read, learn, practice and get in shape.
Skills nights, SIG events, Field trips;
Navigation, First Aid, Stewardship.
Conditioners (SIG, Mountaineers hikes, private)

Spring: Read, learn, practice, continue conditioning.
Skills nights, SIG events, Field trips;
Navigation, First Aid, Stewardship.
Conditioners.

Summer & Fall: climb, climb, climb. ... and graduate!

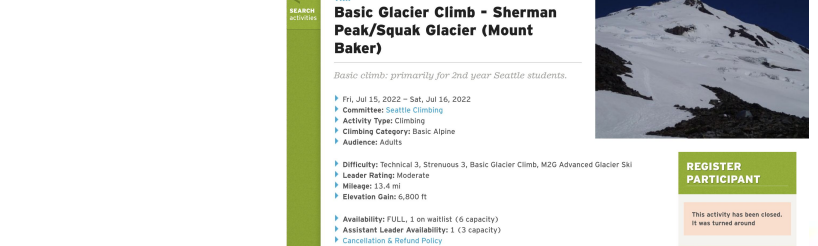
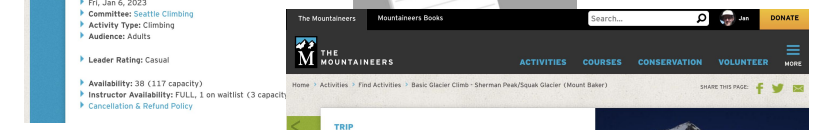
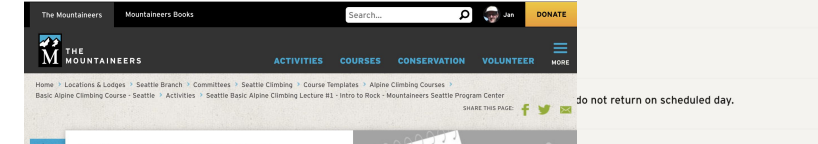


The Mountaineers webpage



Course Requirements	Roster	Required Equipment	Course Materials
COURSE ACTIVITY	DATE	AVAILABILITY	LEADER
Seattle Basic Alpine Climbing Lecture #0 - Meet & Greet with Course Introduction			
Seattle Program Center	Sun, Dec 4, 2022	115 participants	Cebe Wallace

Course Requirements	Roster	Required Equipment	Course Materials
NAME/DESCRIPTION			
2023 Basic Alpine Climbing Handbook.pdf Overview over the Course			
Basic FT CURRICULUM 2022.pdf All about the Field trips			
Crevasse rescue 2021 Illustrated crevasse rescue, v 2021			
2021 SIG Rock FT Guide.pdf Guidance for SIG Rock Field Trip			



How to navigate the Mountaineers webpage:

<https://www.youtube.com/watch?v=QSTMH8NSaxY>



Handbook - Course Overview

CLIMBING COURSE
Basic Alpine Climbing Course

Basic Alpine Climbing Course - Seattle - 2023 Please read instructions for applications below.

► Sun, Dec 4, 2022 - Tue, Oct 31, 2023
 ► Committee: Seattle Climbing
 ► Members: \$975.00 Guests: \$1,250.00
 ► Apply for a scholarship
 ► Availability: FULL (81 capacity)
 ► Cancellation & Refund Policy

Welcome to the Seattle Basic Alpine Climbing course! Our beautiful Pacific NW offers a lot of great alpine places that we want to share with you. Please thoroughly read the text below before applying.

THE 2023 COURSE IS NOW FULL.

REGISTRATION STATUS

JAN ABENDROTH
 Role: Leader

Status: Registered

[Manage registration](#)

To register or cancel lectures and field trips, or to cancel entirely from the course, click the "Manage registration" button above.

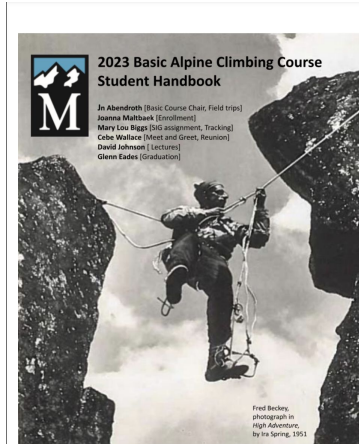
REGISTER PARTICIPANT

Registration closed on Nov 22 at 5:00 PM. Contact leader to be added or removed from roster.

BADGES you will earn:

- Rappelling
- Snow Camping
- Top Rope Belay Certification
- Belay Escape
- Snow Travel
- Certification
- Crevasse Rescue
- Basic Alpine Climbing Course

Course Requirements Roster Required Equipment **Course Materials**



Mountaineers Basic Alpine Climbing Course 2023 Student Handbook

Course Schedule

Date*	Large Group Instruction & Evaluations (December - May)	Req/Optional
Dec 4	Lecture 0 - Meet and Greet (PC)	Optional
Jan 6	Lecture 1 - Intro to rock (Zoom)	Optional
Jan 9 & 13	FT #1 - Belay / Lower (PC)	Optional
Jan 24 & 28	FT #2 - Anchors, Rappel intro (PC)	Optional
Feb 19 & 25	FT #3 - Rappel, Belay, Climbing, Anchors (PC)	Required
Mar 2	Lecture #2 - Alpine Rock (Zoom)	Optional
Mar 26 & Apr 1	FT #4 - Rock evaluations (PC)	Required
Apr 5	Lecture #3 - Snow Travel, Crevasse rescue (Zoom)	Optional
Apr 26 & 27	FT #5 - Crevasse rescue practice (Magnuson Park)	Optional
Apr 30 & May 6	FT #6 - Snow travel, snow anchors (Snoqualmie Pass)	Required
May 11	Lecture #4 - Glacier travel, climbing team (Zoom)	Optional
May 23 & 25	FT #7 - Crevasse rescue evaluation (Magnuson Park)	Required

*If more than 1 date/session scheduled, students attend 1 only.

Date	SIG Instruction, Practice & Evaluations (Jan - May)	Req/Optional
	Skills practice w/ PC (select Monday evenings)	TBD*
	Conditions & SIG outings	TBD*
Scheduled by SIG	Fitness evaluation	Required
	Prusik skill check	Required
	SIG Rock FT (full day)	Required
	SIG Snow FT (overnight)	Required

*at discretion of SIG leaders

All Required Large Group and SIG FTs, Evaluations, and Skill Checks must be successfully completed before going on club climbs.

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How to navigate the Mountaineers webpage:
<https://www.youtube.com/watch?v=QSTMH8NSaxY>

Mountaineers Basic Alpine Climbing Course 2023 Student Handbook

Mountaineers Wilderness Navigation

Navigation using a map, compass, and GPS is a critical mountaineering skill. You must have a navigation badge before graduation which you get by taking the [Mountaineers Navigation Course](#). The course includes two online components, one evening workshop, and one full-day field trip. Navigation badges are valid for three years, so if you already have a current one for instance as part of the Alpine scramble or Snowshoe courses recently you do not need to repeat the navigation course. Check that your badge has not expired when you apply for graduation.

Stewardship

The Mountaineers is Northwest's largest outdoor activity club. We have a great impact on the wilderness environment we love and use, and we want it to be a positive one. As Mountaineers, it is important that we become stewards of the wilderness. This means using "Leave No Trace" travel and camping techniques and actively contributing our labor to environmental projects.

Toward this end, Basic Climbing students complete a day of volunteer stewardship as a graduation requirement. The definition is rather broad, so you may choose an activity that appeals to your interests and fits your schedule. Usually, it is one day of volunteer physical labor, and preferably it will relate to places used by the Mountaineers. Typical activities are trail work, habitat restoration, tree planting, or invasive species removal. Other types of activities may be accepted, if you have a project in mind and your SIG leader is unsure if it qualifies, please contact basic_climb@mta.org.

You can find stewardship activities here: <https://www.mountaineers.org/conservation/stewardship>

Or contact the following organizations directly:

- Washington Trails Association: www.wta.org
- EarthCorps: www.earthcorps.org
- Mountains to Sound Greenway Trust: www.mtsoundgreenway.org
- Washington Climbers Coalition: www.washingtonclimbers.org/
- Washington Wilderness Coalition: www.wawc.org

Low Impact Recreation

You can earn the Low Impact Recreation badge by watching short videos created by the Mountaineers and taking an online quiz. The course addresses topics such as camping on durable surfaces, management of human waste in different outdoor environments, on- and off-trail etiquette, food management including food storage techniques, avoiding micro trails, and not feeding wildlife.

bit.ly/lowrec

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Mountaineers Basic Alpine Climbing Course 2023 Student Handbook

Graduation Checklist

- FT #3 - Rappel, Belay, Climbing, Anchors
- FT #4 - Rock evaluations
- SIG Rock FT
- FT #6 - Snow travel, snow anchors
- SIG Snow FT
- FT #7 - Crevasse rescue evaluation
- Fitness evaluation
- Prusik skill check
- Basic rock climb
- Basic glacier climb
- Wilderness Navigation Course
- Wilderness First Aid Course
- Stewardship
- Low Impact Recreation

Graduation

Submit your graduation application as soon as you have completed all of the graduation requirements. The graduation ceremony, our annual Climbex Reception, is typically scheduled in late October or early November. File your application by mid-October to ensure that you are recognized at the ceremony - it's a fun event and you will want to be upfront celebrating with your classmates!

[Link to the application form](#)

The Basic Alpine Climbing badge will give you access to other courses that the Mountaineers offer such as Intermediate Alpine climbing modules that include rock, glacier, ice climbing and self rescue, note that other requirements might apply for specific courses. For more information consult the [Seattle Intermediate Climbing page](#).

Pending/Conditional Graduation

If you have completed all graduation requirements except Wilderness First Aid, Navigation, and/or Stewardship, go ahead and apply for graduation, but note which of the three requirements you lack. You will be graduated conditional upon completion of those missing requirements, and you will be recognized at the Climbex Reception. However, you may not participate in club activities requiring Basic graduate status until all requirements are satisfied. Pending graduates have seven months to complete everything.

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Course Requirements Roster Required Equipment **Course Materials**

2023 Basic Alpine Climbing Handbook.pdf
 Overview over the Course

Basic FT CURRICULUM 2022.pdf
 All about the Field trips

12 pages,
 lots of information on the Course



SIG - Small Instructional Group

Your small learning and practice group of ~8 students.

SIG events:

- Monday skills nights at the Program Center.
- SIG rock field trip in March/April, 1-2 days, mandatory *
- SIG snow overnight field trip, May/June, 2 days mandatory *
- Conditioners, skill outings.

Every SIG is organized differently!

*possible to join a different SIG's trip



Seattle Basic Alpine Climbing Skills night (optional)			
Seattle Program Center	Mon, Jan 2, 2023 Registration closes Jan 2	73 participants 16 instructors	Jan Abendroth
Seattle Program Center	Mon, Jan 16, 2023 Registration closes Jan 14	46 participants 12 instructors	Jan Abendroth
Seattle Program Center	Mon, Jan 23, 2023 Registration closes Jan 23	56 participants 10 instructors	Jan Abendroth
Seattle Program Center	Mon, Jan 30, 2023 Registration closes Jan 30	59 participants 10 instructors	Jan Abendroth
Seattle Program Center	Mon, Feb 6, 2023 Registration closes Feb 6	56 participants 14 instructors	Jan Abendroth
Seattle Program Center	Mon, Feb 13, 2023 Registration closes Feb 13	62 participants 12 instructors	Jan Abendroth
Seattle Program Center	Mon, Feb 20, 2023 Registration closes Feb 20	61 participants 15 instructors	Jan Abendroth
Seattle Program Center	Mon, Feb 27, 2023 Registration closes Feb 27	60 participants 13 instructors	Jan Abendroth



Skills nights

Purpose: Practice and reinforce skills within your SIG

When: Most Monday nights, 6pm-9pm, 8-Jan – 13-May. SIGs can arrange extra time.

Where: Program Center, Goodman A/B/C, Basement, South Wall, North Wall;

Each SIG has a pre-assigned spot.

Other places as arranged by SIG.

Skills nights are optional, however, they are highly recommended.

Sign up required for PC events.



Field trips

Purpose: Introduction of skills

When: 7 evening or full day or half day sessions
Please only sign up for *one* out of multiple events.
Book early if you have time constraints.
You can change your sign-up if needed.

Where: Program Center,
Magnuson Park / Kite hill, or
Snoqualmie pass

Field trips happen rain or shine.
Please show up in time.

Field trip curriculum
see Course materials
2024 update pending



Seattle Basic Alpine Field Trip #1 - Belay/Lower			
Seattle Program Center	Mon, Jan 9, 2023 Registration closes Jan 8	11 participants on waitlist 0 instructors	Jan Abendroth
Seattle Program Center	Fri, Jan 13, 2023 Registration closes Jan 12	8 participants on waitlist 1 instructor on waitlist	Jan Abendroth
Seattle Basic Alpine Field Trip #2 - Intro to Anchors and Rappeling			
Seattle Program Center	Tue, Jan 24, 2023 Registration closes Jan 23	12 participants on waitlist 1 instructor on waitlist	Jan Abendroth
Seattle Program Center	Thu, Jan 26, 2023 Registration closes Jan 25	11 participants on waitlist 1 instructor on waitlist	Jan Abendroth
Seattle Basic Alpine Field Trip #3 - Rappels, Belays, Climbing, & Anchors			
Seattle Program Center	Sun, Feb 19, 2023 Registration closes Feb 18	2 participants 5 instructors	Jan Abendroth
Seattle Program Center	Sat, Feb 25, 2023 Registration closes Feb 24	2 participants 5 instructors	Jan Abendroth

Seattle Basic Alpine Climbing Class 2022 - Curriculum

Seattle Basic Alpine Climbing Course. Curriculum Outline for Field Trips 1-7.

Field trip 1 - Top-rope Belay/Lower, Belay

Students will enter the class and this field trip with a wide range of climbing experience. To account for that, this field trip is only required for students who do not have a top rope belay card from one of the local climbing gyms. Students with a belay card do not have to join this field trip. However, if any of the points discussed below are unclear to you, please feel welcome to join.

Field trips

#1: Top rope belay:	2x weekday nights, PC	optional, if you have a belay card
#2: Anchors and rappel	2x weekday nights, PC	optional
#3: Belay, climb, rappel	2x full weekend days, PC	mandatory
#4: Rock evaluations	2x half weekend days, PC	mandatory , am or pm session
#5: Crevasse rescue demo	2x weekday nights, Kite Hill	optional
#6: Snow travel and anchors	2x full weekend days, Snoqualmie Pass	mandatory
#7: Crevasse rescue eval.	2x weekday nights, Kite Hill	mandatory
SIG Rock	day or weekend	mandatory
SIG Snow	weekend	mandatory



Lectures

Purpose: Introduction of skills, cover a variety of topics

All lectures are optional, however, highly recommended.

Most lectures are held via zoom.

Slides will be available under Course Materials, recording will likely be shared.

Prepare by reading relevant chapters in Freedom of the Hills.

#0: Course introduction,

#1: Intro into Rock climbing

#2: Alpine Rock climbing

#3: Snow travel, crevasse rescue, avalanche

#4: Glacier travel Trip planning, Climbing team

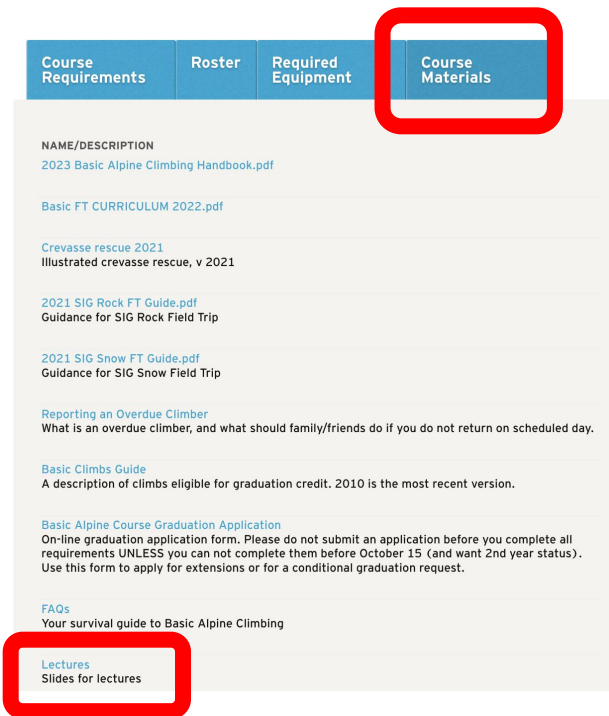
PC, December 10th

zoom, January 4th

zoom, March 5th

zoom, April 3rd

zoom, May 2nd



The screenshot shows a navigation menu with four items: 'Course Requirements', 'Roster', 'Required Equipment', and 'Course Materials'. The 'Course Materials' item is highlighted with a red rectangular box. Below the menu, a list of course materials is visible, including '2023 Basic Alpine Climbing Handbook.pdf', 'Basic FT CURRICULUM 2022.pdf', 'Crevasse rescue 2021', '2021 SIG Rock FT Guide.pdf', '2021 SIG Snow FT Guide.pdf', 'Reporting an Overdue Climber', 'Basic Climbs Guide', 'Basic Alpine Course Graduation Application', and 'FAQs'. A red rectangular box highlights the 'Lectures' link, which has 'Slides for lectures' listed below it.



Other requirements

To get on climbs:

Field trips: Join all *required* Field Trips, pass all evaluations

Fitness benchmark: Mt.Si trail (4 miles, 3400 ft gain) with 25 pound pack / 20% of body weight, in under 2 hours. Mailbox and Mt Teneriffe are also popular, 4000 ft gain, more time.

Note: This is a *minimum* benchmark. Many climbs will require heavier load (overnight + technical gear + rope), longer distances and larger elevation gain (6000 ft). A 'Double Si' without time limit is a good test.

To graduate:

- Wilderness First Aid, weekend course, \$ *
- Mountaineers Wilderness Navigation \$ *
- Stewardship day
- Low impact, 15min online course
- Climbs: 1x glacier, 1x rock

([Find Courses, Clinics & Seminars](#))

([Find Courses, Clinics & Seminars](#))

([more information here](#))

([more information here](#))



*** courses can fill up, sign up early**



Time to climb!

- **Graduation requirement:** 1x rock (BR), 1x glacier (BG)
- Each SIG will try to offer 1x glacier and 2x rock climb
- Basic Alpine climbs (BA): less rock and/or glacier- can be very fun and no less challenging.
- Planning on taking Intermediate next year: aim for 5+ climbs.
- Read up on climbs and pick climbs that match your interest and ability.
- Mark calendar with climb registration dates
- Check the climb listings frequently, sign up for alerts: <http://mountaineers-events.appspot.com>
- Sign up early, cancel if necessary, don't be a "no show"
- Respect "leader permission", or "for SIG only until" notes
- Some climbs have late cancellations; try emailing leaders before and indicate interest
- Consider keeping an updated climb/scramble/conditioning resume handy, leaders might ask for it.
- Have fun and be safe!



After graduation

More courses open up:

- Rock: Single and Multipitch modules, Aid / Big wall
- Glacier: Winter Mountaineering / Advanced Crevasse Rescue (WCR)
- Ice: Alpine and Water ice
- Rescue: various rescue courses

Volunteer opportunities:

- Help with a SIG
- Instruct during field trips
- Become a Climbing conditioning, Rope leader, etc

Outings:

- Basic climbs
- Scrambles, summer and winter
- Snowshoes



Gear

- Don't buy everything right away!
- Discuss with your SIG leader.
 - Many SIGs will have “gear evening” - a show and tell of gear you may need.
 - Second hand (non-technical) gear can save you money, but consult your SIG leaders!
- Read KD's gear guide, link in Handbook.
- Buy the gear that works for you!



#SafeOutside

The Mountaineers believes a diverse and inclusive outdoors inspires unity, respect, and passion for the places we love. We are committed to building a culture where **all people** feel emotionally and physically safe.

In support of this commitment, all members agree to abide by a **Member Code of Ethics** and the **Prohibited Behavior Policy**. Discrimination, sexual misconduct, harassment, assault, and child abuse are not tolerated in this community.

These policies are in place to protect your right to feel safe and to be heard. If you or someone you know has experienced any of these behaviors, visit mountaineers.org/safeoutside to learn about the resources available to you. To file a report with The Mountaineers, go to mountaineers.org/behaviorcomplaint. To report child abuse, contact 866-END-HARM. In an emergency, please call 911.



Honoring one another as human beings makes us better able to act on our mission to *enrich the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.* It also reflects our core values of adventure, advocacy, community, education, and volunteerism.

Questions?

- Read the “2024 Basic Alpine Climbing Handbook” (Course Materials)
- Read the “Field trip curriculum” (Course Materials)
- Check the Basic Climbing Course page
- Discuss with your SIG leader, and Discord group instructors.
- Check with Basic chair, Peter Clitherow (basic.climbing@gmail.com)
- Cancellation policy:

<https://www.mountaineers.org/volunteer/leader-resources/financial-policies-procedures-forms/cancellation-policy>

Course Requirements	Roster	Required Equipment	Course Materials
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Basic FT CURRICULUM 2022.pdf All about the Field trips			
Crevasse rescue 2021 Illustrated crevasse rescue, v 2021			
2021 SIG Rock FT Guide.pdf Guidance for SIG Rock Field Trip			
2021 SIG Snow FT Guide.pdf Guidance for SIG Snow Field Trip			
Reporting an Overdue Climber What is an overdue climber, and what should family/friends do if you do not return on scheduled day.			
Basic Climbs Guide A description of climbs eligible for graduation credit. 2010 is the most recent version.			
Basic Alpine Course Graduation Application On-line graduation application form. Please do not submit an application before you complete all requirements UNLESS you can not complete them before October 15 (and want 2nd year status). Use this form to apply for extensions or for a conditional graduation request.			
FAQs Your survival guide to Basic Alpine Climbing			
Lectures Slides for lectures			
How to navigate our Mountaineers' website Ever wondered how to navigate our Home Page, How to set up alerts and notifications on your profile for new courses, activities, seminars, and/or clinics OR Finding Courses (First Aid, Navigation shown) OR Finding Stewardship and Climbing Conditioner activities OR Finding Basic Climbs. Also includes navigating Trip Page, route description and trip reports. DO NOT FORGET TO USE CHAPTERS IN THIS VIDEO TO TAKE YOU TO DESIRED TOPIC OF YOUR INTEREST.			



Welcome to the Basic Alpine Climbing Course



We are looking forward to go climbing with you!