Welcome to the course! We've had some people leave and some new members join. If you for some reason need to cancel your participation just let me know so that I can continue the bouncing of wait listed members.

Personally I love alpine rock climbing; the exposure, fitness challenge, and alpine views combine to fantastic camaraderie and great memories. I look forward to meeting all of you and getting you all started on your own personal journeys in alpine rock climbing.

Please make sure you're registered for all the smaller workshops on the course, and that you keep all the dates open! You can register for all of them by hitting manage registration on the main course page.

**How to Physically Prepare**

This is a rock course oriented for alpine climbing. If you aren't yet please go to a climbing gym! You're taking a rock climbing course so I hope you enjoy and want to go climbing closer to home as well!

Take the intro to belay course they all offer if you haven't (only takes 2 hours) and start top roping. The alpine will be intimidating enough, if you're just learning how to rock climb when the party is hours away from the trail head and out of cell reception you'll find yourself not enjoying yourself as much as you could be, and it will be less safe for you and your party members. No need to switch your whole workout plan, but I'd advise at least twice a month, preferably at least once a week since the summer is coming up.

Along with this alpine climbing involves long approaches carrying lots of gear that going to a crag like Vantage or Exit 32/38 don't include. It is important that you're in good hiking/backpacking shape. If you aren't yet I highly recommend starting some form of jogging or cardio routine, and getting outside to hike with a full pack on week nights/weekends you can.

The Seattle Climbing Committee requires "At a minimum, be able to hike with a full day pack (ca. 25 pounds) up the Mt. Si trail (4 miles, 3400' gain) in under 2:00." if you have worries about achieving this let me know and I'll work with you.

If you want to dive in deep to alpine fitness I really like the book '[Training for the New Alpinism](https://www.amazon.com/dp/B00ILZ8S0K/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)'.

**Gear**

A few days before each workshop and outing I'll send an email of what overall gear you'll need for that night. All the required gear is on the course page, you don't need the glacier gear, only the stuff needed for Rock/Alpine. *I'll also send out a more detailed on this section email next week.*

Gear is expensive, I highly recommend taking advantage of [our member benefits](https://www.mountaineers.org/membership/benefits) to buy gear. Experticity through our benefits is amazing. If you're a member of the AAC you get plenty of good deals as well. Also check out outlet items on sites, Black Diamond usually has discolored (but still safe and tested) carabiners and other gear at a big discount on their site.

**Please, please**mark your gear. People that don't usually end up losing a piece of gear or two in the first few months because you leave it and no one can identify who owns it. Either use slim electrical tape, nail polish, or ink pens designed to write on metal. Here is a great write up from [weighmyrack.com](http://blog.weighmyrack.com/the-top-5-ways-to-personalize-your-climbing-gear/).

* I'd avoid using just one color unless its really unique, ideally two to make sure you're unique. Also avoid these two color combos (I see them a bunch). Purple/green (Seems people like to support their teams!), White/Green, and Orange/Blue. Just advice to make sure you're gear is never like the others!

**Mountaineers Culture**

The Mountaineers is a volunteer organization. All your instructors have day time jobs and are giving our time since we love teaching and giving back. Along with this comes a great community of climbers that you will get to meet. Don't be afraid of reaching out to other members, or joining social events!

To help drive a smaller community I'll be organizing a bar for drinks (Its social hour, don't feel afraid to get a non alcoholic drink) after our course nights, these won't be required to go to. I've also created a FB group, currently it is small and doesn't have much, but feel free to ask to go climbing with people, post questions, ect on it.

<https://www.facebook.com/groups/1835673503376348>

**Graduation Requirements**

Beyond passing all the evaluations in this course you'll need these four things to graduate:

1. Wilderness First Aid Course within last two years (Can be taken outside Mountaineers, just email [info@mountaineers.org](mailto:info@mountaineers.org) with proof of completion to get badge)
2. Navigation Course
3. Stewardship badge (Do a day outside repairing a trail through WTA, or similar, email [info@mountaineers.org](mailto:info@mountaineers.org) to get the badge)
4. Complete one Basic Alpine Rock climb with the Mountaineers. This is why you are taking the course right?

If you haven't signed up for Wilderness First Aid or Navigation I'd go ahead and look at offerings to get registered! They aren't required to go on climbs, just to graduate.

**Climbs**

There is an intro to alpine rock badge, being in the course you have the student version. This will let you sign up for basic rock climbs. Please don’t sign up for any glacier climbs that are labeled as basic alpine, the course doesn’t teach glacier techniques.

I'll be posting a few rock climbs and I have a few others that hopefully will too. After this course you'll be welcome to join any of the Mountaineers Basic Alpine Rock climbs and I'd definitely recommend trying to get on climbs even with leaders you don't know!

**Questions?**

Feel free to email me any questions you have, as questions come in I'll get a sheet of Q&A made and post it on the course page to share with everyone.