

ROCK 2

Rock Scrambling Techniques and Off-Trail Travel

ASC ROCK #2	
Meeting Time and Location:	Splitting into groups of 12 and staggering start times, TBD Meet at Safeway (460 SW Mt Si Blvd, North Bend, WA 98045) <ul style="list-style-type: none"> ▪ Parking is limited at Little Si so we'll carpool to the TH ▪ Leave valuables (rings and watches) at home.
Outing Location:	Mt. Little Si, North Bend, WA
Prerequisites:	<ul style="list-style-type: none"> ▪ Attend lecture #1 and #2
Purpose:	Gain practical experience in rock scrambling and cross-country travel. ***TESTING Critical Skills Knots and Rock Skills ***Complete set of 10 Essentials will be checked, must have all to pass
Specific Skills:	<ul style="list-style-type: none"> ▪ Rock Scrambling, foot placement, hand holds, balance, use of friction ▪ Rock fall avoidance, objective hazards recognition ▪ Use of hand lines, arm rappel, Dulfersitz ▪ Off-trail travel, minimum impact, safety

EQUIPMENT	
Required Items:	<ul style="list-style-type: none"> ▪ Basic Scrambles Gear - See Equipment List pg. 11 of Student Guide
Recommended Items:	<ul style="list-style-type: none"> ▪ Complete change of clothing for the trip home (leave in the car at the trailhead) ▪ Sit pad ▪ Gaiters Note: Ice axe is NOT required.
Special Note:	Those not adequately equipped will NOT be allowed to participate.