

**SNOW 1**  
**Snow Travel, Ice Axe Techniques/Self-Arrest,**  
**and Avalanche Awareness**

<b>ASC SNOW 1</b>	
<b>Meeting Time and Location:</b>	Splitting into groups of 12 and staggering start times, TBD <a href="#">Meet at Longmire Parking Lot (East end of the lot by the museum)</a> Carpool to Paradise parking lot <i>Bring chains for your vehicle and MRNP pass</i>
<b>Prerequisites:</b>	<ul style="list-style-type: none"> <li>▪ Attend lectures #1-#3.</li> <li>▪ Attend all previous field trips</li> </ul>
<b>Purpose:</b>	Gain confidence in yourself and your ability to travel on moderately steep snow and route finding on snow; discuss avalanche hazards awareness and avoidance.
<b>Specific Skills:</b>	<ul style="list-style-type: none"> <li>▪ Snow travel techniques (Self-Belay, Kick Step, Rest Step, Traveling in Balance, Plunge Step)</li> <li>▪ Self-arrest techniques (with and without pack)               <ul style="list-style-type: none"> <li>- Head uphill, face down</li> <li>- Head uphill, on back</li> <li>- Head downhill, face down</li> <li>- Head downhill, on back</li> </ul> </li> <li>▪ Glissading</li> <li>▪ Avalanche awareness and hazards recognition</li> </ul>

<b>EQUIPMENT</b>	
<b>Required:</b>	<ul style="list-style-type: none"> <li>▪ See Equipment List pg. 11 of Student Guide Layered clothing (we go no matter the weather)               <ul style="list-style-type: none"> <li>- Ice axe, with leash and adze taped with duct tape</li> <li>- * Mountaineering boots* See Lecture 1 Pg 8</li> </ul> </li> </ul>
<b>Recommended:</b>	<ul style="list-style-type: none"> <li>• Extra gloves in addition to what you normally carry</li> <li>• Old or plastic set of wet weather gear. Outer layer that can hold up to repeated slides on the snow - <u>not</u> your good Gore-Tex® gear</li> <li>• Bring extra warm clothing</li> </ul>
<b>Special Note:</b>	Those not adequately equipped will NOT be allowed to participate.

\*\*We strongly recommend a set of dry clothing in the car to change into afterwards. \*\*