

## SNOW 2

### Snow Travel, Ice Axe Techniques/Self-Arrest on Hard Snow

ASC SNOW #2	
<b>Meeting Time and Location:</b>	More details provided before this trip Bullion Basin, Crystal Mtn. U.S. NW Forest Pass
<b>Outing Location:</b>	Bullion Basin, Crystal Mtn.
<b>Directions:</b>	Will be provided later
<b>Prerequisites:</b>	<ul style="list-style-type: none"> <li>▪ Attend lectures #1-#4.</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. ****Test Critical Skill Self-arrest techniques (with and without pack)****
<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, on back</li> <li>- Head downhill, face down</li> <li>- Head downhill, on back</li> </ul> </li> <li>▪ Glissading</li> <li>▪ Avalanche and other hazards awareness</li> <li>▪ Navigation</li> </ul>

EQUIPMENT	
<b>Required:</b>	<ul style="list-style-type: none"> <li>▪ Basic Scrambles Gear - See Equipment List pg. 11 of Student Guide               <ul style="list-style-type: none"> <li>- Ice axe, with leash and adze taped with duct tape</li> </ul> </li> </ul>
<b>Recommended:</b>	<ul style="list-style-type: none"> <li>▪ Crampons, if you have them</li> <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. \*\*

✓ Indicates the clothing or equipment is required for the field trip.

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