

GLACIER TRAVEL & CREVASSE RESCUE WORKSHOP



The mission of the Alaska Mountaineering School (AMS) is to seek excellence in responsible mountaineering and wilderness travel while teaching and guiding others. Our core curriculum focuses on safety and judgment, leadership, teamwork, mountaineering skills, Leave No Trace practices, and the enjoyment of experiencing the great wilderness of Alaska.

THIS WORKSHOP

The goal of this workshop is to teach you the fundamentals of climbing techniques and safety systems for traveling on the glacier and allow participants to repeat what they have learned on their own. Classes on anchor systems, belaying, crampon techniques, placing protection, and leading a rope team are introduced and practiced in small groups. Students learn to build their own anchors, set up 3:1 haul systems, and ascending a fixed line and perform self-arrest. Home base is the AMS headquarters in the town of Talkeetna, which is efficiently set up for teaching with a climbing wall, fixed line ascension simulation, and much more.

SPECIFICATIONS

Cost: \$565, due upon registration
Group limit: 12 students, 3 instructors

Tuition includes: Instruction, group equipment: ropes, pickets/ice screws, webbing, sleds, wands; AMS guides carry emergency cell/sat phone, first aid/drug kits. Each person will receive color-coded webbing and cordage necessary for a personal climbing safety rig.

You are responsible for: Transportation to and from Talkeetna, lodging, all meals, personal equipment (please see list later in this document).

FEATURES

- Mountaineering ground school
- Raising systems
- Fixed-line ascension
- Crevasse fall scenarios

- Self Arrest
- Roped glacier travel systems (on dry land)
- Belays

DAY-TO-DAY ITINERARY

Our glacier travel and crevasse rescue course's day-to-day itinerary is designed to make sure you get the most out of an introduction to Alaska mountaineering. Your instructors teach wilderness, leadership, and technical climbing skills in a progression that develops competent and self-reliant climbers. By the end of the course you will have learned to manage hazards, and you will have increased your technical knowledge of glacier travel safety techniques. Note that at the end of each day we debrief the current day and make fresh weather observations and analyses.

Briefing and Packing

AMS likes organization and thoroughness, which takes time and thought. Your instructors dedicate the day before the start date to checking all the technical gear, packing rental gear, and planning the course curriculum. We adhere to the motto, "Prior planning prevents poor performance."

Day 1

Meet at 8 a.m. at 13765 Third Street proceeding to introductions and orientation, gear check, and rental issue. For the rest of the day we will be covering self-arrest, knots, rope identification and care, crampon techniques, and anchors.

Day 2

Meet instructors at the AMS headquarters on third street lot at 8 a.m. after eating your breakfast and being prepared to climb. At this time, we'll issue any gear

needed for the day's activities, before going out to practice coiling, belaying, and stacking the ropes for snow covered dry land glacier travel day. Students will form rope teams and practice traveling roped. The day will also include practicing crevasse rescue scenarios. We will introduce mechanical advantage and raising systems. We plan to be wrapping up at 6 p.m. to de-issue any rental and group gear.

ACCOMMODATIONS & FOOD

Lodging or camping for the workshop is arranged at your discretion. The list below outlines some popular local lodging and food options.

Northern Guest House	907-715-4868	www.northernguesthouse.com	Close to AMS; B&B style; shared kitchen
Chinook Wind Cabins	800-643-1899	www.chinookwindcabins.com	Cabins and rooms, some with kitchens, next to AMS
Swiss Alaska Inn	907-733-2424	www.swissalaska.com	Climber friendly motel and restaurant, walk to town
Talkeetna Roadhouse	907-733-1351	www.talkeetnaroadhouse.com	AMS discount, rooms and bunks, famous breakfasts!
Latitude 62 Motel	907-733-2262	www.latitude62.com	Rooms, suite; full service restaurant
Talkeetna Hideaway	907-232-7944	www.talkeetnahideaway.com	Cabins and rooms, comfortable and affordable, short walk to town
Denali Fireside	877-345-2226	www.denalifireside.com	Cabins/suites with kitchenettes/baths, rustic chic

EQUIPMENT LIST

This workshop is held outside, therefore it is especially important to be properly equipped to stay warm and dry. While we usually get pleasant weather during these workshops, you need to be prepared for snow and cold temperatures in April. Contact us if you have any questions.

Each participant must complete and return the Workshop Rentals Form at least one week prior to the workshop.

Please label your gear with your name or an identifying mark such as a piece of colored tape.

Equipment Key

\$ For purchase only at AMS

RNT Available for rent at AMS

NC Available at no charge

N/A Not available at AMS (should be obtained before arrival)

OPT Optional for the workshop

Most prices are noted on the Personal Equipment Checklist.

Personal Equipment: Clothing

Socks, 2 pairs (\$): Fit your boots to 1 pair and bring a spare pair.

Rigid mountaineering boots, 1 pair (RNT): Rigid sole; fit your boots to a single pair of socks. Your toes

should be free to wiggle and your heel shouldn't lift more than 1/2 inch when walking. AMS carries Scarpa Inverno double boots and Scarpa Charmoz single boots.

Upper-body base layer, 2 layers (\$): One light or mid-weight and one heavier weight.

Fleece jacket or heavy wool sweater, 1 layer (\$)

Insulated parka, (OPT, \$) 1 layer: Synthetic or down, with hood.

Upper-body hard shell, 1 layer (\$): Waterproof/breathable fabric, such as Gore-Tex; roomy enough to fit over your other layers.

Lower-body base layer, 1 layer (\$): Mid-weight.

Soft shell pants, 1 layer (OPT): Many people enjoy the versatility.

Lower-body hard shell, 1 layer (\$): Waterproof pants, preferably with full side zippers.

Wood or fleece hat, 1 layer (\$): Warm ski hat (should fit under helmet).

Fleece/Liner gloves, 1 pair (\$): Cooler months. Rubber grip is helpful. An extra (dry) pair may be desirable if you are camping.

Insulated gloves, 1 pair (\$): With removable liners; insulated, waterproof/breathable gloves provide warmth and dexterity in the cold.

Personal Equipment: Travel & Climbing

Day pack, (\$): The main compartment should be approximately 3,500 cu. in./60 L, and have places for ice axe and crampons to be lashed on the outside.

Snow Shoes, (RNT): must have gripping teeth and fit securely on your boots.

Seat harness, (RNT): Adjustable climbing harness, should fit over layers.

Carabiners, 5 (RNT): Oval or D-shaped, regular gate or wire gate.

Locking carabiners, (RNT): Full-size screw-gate carabiners—3 pear-shaped OR two pear-shaped and one D-shaped.

Belay Device, (RNT): Black Diamond, ATC

Ice Axe (RNT): Mountaineering length, Black Diamond

Helmet, (RNT): Black Diamond

Ascender and Sling, (RNT)

Personal Equipment: Sun

Baseball cap or sun hat, 1 layer (\$): Should fit under helmet.

Sun glasses, 1 pair (\$): Good quality, but not necessary to have "glacier glasses."

Lip balm (\$)

Sunscreen (\$)

Personal Equipment: Miscellaneous

Water bottle, 2 (\$): Wide-mouth 1-quart size. Please fill beforehand.

Insulated water bottle covers, 2 (\$):

Thermos, 1 (OPT): 1-quart thermos for hot liquids.

Head lamp (\$):

Trail food (N/A): Snack food that is easy to eat throughout the day.

GROUP EQUIPMENT—AMS PROVIDES

For the workshop, AMS provides all of the group equipment, which is carefully checked and inventoried beforehand, such as ropes, pickets/ice screws, webbing and other glacier travel equipment. Some items may be provided for demonstration purposes. We all share the use and care of the group equipment. Instructors carry first aid, drug kit, repair kit, and emergency communications (radio/cell phone/sat phone).