

# DENALI SKILLS 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

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The goal of the workshop is to teach you the fundamentals of crevasse rescue skills necessary to rescue yourself or your rope-mate in the event of a crevasse fall. AMS teaches a safety system that has been developed over 30 years of climbing Denali. This class is conducted entirely on dry land in Talkeetna at AMS headquarters. The self-rescue skills taught will show you how to ascend a vertical rope as if you were dangling in a crevasse. This workshop is a source of training for those lacking crevasse rescue in their climbing resume.

## SPECIFICATIONS

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*Cost:* \$250

*Prerequisites Reading:* The Illustrated Guide to Glacier Travel and Crevasse Rescue

*Group limit:* 3-8 students

*Tuition includes:* Instruction and group climbing equipment. Each person will receive a color-coded webbing and cordage necessary for a personal climbing safety rig.

*You are responsible for:* Transportation to and from Talkeetna, lunch, and personal equipment.

## FEATURES

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- Anchor Building
- Roping up for glacier travel
- Fixed line ascension
- Z-pulley systems
- Belaying

## ITINERARY

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We will meet at the AMS office. The class starts at 9:00 a.m. and ends at 5:00 p.m. There will be a one hour lunch break. The day begins with a gear check and issuing any items you need for the workshop. Your instructor will insure you have your pack rigged with a leash, ice axe leash, and the necessary hardware for your ascension system. From there we move across the street to AMS climbing gym and training yard to simulate climbing out of a crevasse using ropes hanging from the ceiling. After fixed line ascension, we review anchors, belaying, and roping up for glacier travel. We rope up to simulate belaying each other out of a perimeter camp and traveling on a glacier in proper formation. Rescue scenarios include simulating the middle and end person falling into a crevasse.

## EQUIPMENT REQUIRED

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Bring the below equipment, or rent from AMS.

- Boots (double plastic mountaineering)
- Seat Harness
- Clothing to keep you warm; Water bottle and snacks
- Expedition gloves
- Backpack
- Regular Carabiners:10, Locking “pear”Carabiners: 2
- Helmet
- Mountaineering Ice Axe 60-70 cm
- Ascender and waist sling