



ISLAND ALPINE GUIDES

## One Day Crevasse Rescue Pre Course Information





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Thank you for choosing us as your instructors for your mountain skills training. The following information is intended to help you prepare for your course. We hope that it answers most of your questions. If you have others please do not hesitate to contact us at [info@islandalpineguides.com](mailto:info@islandalpineguides.com) or by phone on 250 400 2870.

### Course Overview

Our one day crevasse rescue course spends an entire day focused on technical systems for glacier travel and crevasse rescue. As such we aim to hold the course in a location that minimizes approach time (easily vehicle accessible) so that we can maximize the training time. Our office will be in touch a few days before the course to finalize the location and meeting times. Mount Washington with an 08:30 meeting time is the most likely scenario but please wait for confirmation on this from the office as we will decide on the location based on current conditions.

It is very important to understand that at a day this course has limited time and will be teaching a number of skills out of a larger context of mountain skills training that should really be taught over a longer course plus field experience. If you have not had this broader context training we encourage you to consider it.

If you have not taken the Island Alpine Guides Introduction to Rock Climbing or a similar course and are not familiar at least with some basic knots, we ask that you learn to confidently tie the following: Figure 8 follow through, figure 8 on a bight, overhand, double overhand, double fisherman's, clove hitch, prussik and munter hitch. For the Munter hitch have a look here: <http://www.youtube.com/watch?v=MfrAOc2GnuY>. All of the remainder of the knots can be found here: <http://www.animatedknots.com>. Comfort with these knots will make for much more efficient use of our short time together!

### Equipment List

#### Clothing:

- ❑ Poly-pro, wool or silk under wear top and bottom, one set.
- ❑ Wool sweater or fleece or pile jacket.
- ❑ Wind and water proof jacket and pants.
- ❑ Wool, fleece or pile hat.
- ❑ T-shirt or long sleeved cotton shirt (white or other light colour).
- ❑ Light weight hiking trousers of nylon or similar.
- ❑ Ski gloves or similar. 2 pairs.



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### Footwear:

- ❑ Leather or plastic mountaineering boots or ski touring boots. These should be stiff enough to effectively kick steps in snow.
- ❑ Wool, fleece or pile socks.
- ❑ Poly-pro or silk liner socks (optional).
- ❑ Gaiters which fit easily over your boots. (optional if pants stay over boots with elastic cuff)

### Technical:

All of the following can be provided by IAG. Please let us know in advance if you require us to bring any of these items along for you.

- ❑ Helmet – UIAA approved and adjustable.
- ❑ Ice Axe – general mountaineering tool, 60-80cm depending on your height. If your course is happening in winter and there is low density snow, skis will be the choice for anchors in which case some participants should bring skis along as well as a couple of ski straps to hold them together.
- ❑ 3 Locking carabiners – at least one should be “pear” shaped.
- ❑ 4 non locking carabiners - at least 2 of these should be identical and made from flat stock.
- ❑ Harness – a simple, lightweight alpine seat harness.
- ❑ 7mm accessory cord – 2 five meter lengths.
- ❑ Double shoulder length (120cm) sewn sling – should be rated to 22kn.
- ❑ Rope - If some people have a rope to bring along they should do so to be sure that we have enough for a number of scenarios.

### Pack:

- ❑ A back pack big enough to carry all of the equipment on this list.

### Other:

- ❑ Sun hat.
- ❑ Sun glasses which block 100% UV.
- ❑ Sun screen. High factor for lips and skin.
- ❑ Water bottles.
- ❑ Pocket knife.
- ❑ Camera.
- ❑ Notebook and pencil.
- ❑ Lunch.



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Please be sure that all clothing and equipment is in good repair and functioning properly.

Malfunctioning equipment uses up precious time for all participants. Please come properly prepared.

### **RISKS, DANGERS, HAZARDS AND WAIVER**

All Island Alpine Guides courses and trips take place in an outdoor, wilderness environment. This means that as a participant you will be encountering various risks, dangers and hazards some of which include avalanches, cornices, crevasses, cliffs, trees, creeks, rockfall, difficult travel conditions, weather, illness, equipment failure, wild animals, becoming lost as well as the possibility of mistakes being made by IAG guides and instructors. To participate in these activities you will be required to read and agree to our [waiver](#) as part of the registration process. You will also be required to sign the waiver at the start of the course or trip. In doing so you will waive or give up certain legal rights including the right to sue or to claim compensation following an accident.

If you are a minor (under 19 years of age), we require your waiver to be signed by your parent or legal guardian. In this case, please download the appropriate waiver from the link above, print it, have your parent/guardian sign it, scan or photograph the completed copy and send it to [info@islandalpineguides.com](mailto:info@islandalpineguides.com). Minor students arriving without a waiver signed by their parent or legal guardian will not be allowed to participate in the course or trip.