

# AMC NH Mountaineering

## Introduction to Glacier Travel and Glacier Travel & Crevasse Rescue Workshops

### Participant Information

As a participant enrolled in the AMC NH Introduction to Glacier Travel and/or the Glacier Travel & Crevasse Rescue Workshop, Welcome!

To ensure you get the most benefit from your training, there are several things you should keep in mind to ensure you are well prepared. First, all of the training is in the field, so you should be prepared to spend the entire time equipped with weather appropriate clothing, food and water. You could consider it much the same as a winter day hike in the White Mountains. Don't forget your sunscreen!

Everyone will practice self arrest. If you want to preserve your expensive shell (jacket and pants), consider bringing your "retired" gear, or invest in a set of inexpensive nylon rain gear (or the like). After all, this is just practice, so you may want to save your best for the real deal :o)

Unless arrangements for "loaner equipment" were made during your registration, you are required to bring the following equipment:

- Crampons fitted to your boots
- Climbing helmet and harness ("full body" or chest harness is NOT required)
- Ice axe (not ice tools)
- 3 or 4 large locking "pear" or HMS style carabiners (extras if you have them)

Do NOT forget your carabiners as the instructors don't generally have extras

If you have your own prussic loops, bring them. If not, we will provide them for you.

For the Glacier Travel & Crevasse Rescue Weekend Workshop participants, if you have your own webbing slings (2-3 foot typical), bring 1 or 2 as you may find them useful for the practice sessions, however, this is NOT required.

We will provide all the necessary ropes and pickets for both workshops.

Introductions and training will start promptly at 8:00 am, so arrive as early as necessary so you have time to find your way (and not get lost), check in, sign the waiver form, get your harness and helmet on, and have the rest of your gear packed and ready to go.

As you pull into the main parking area (Gunstock Ski/Recreation Area), the ski lodge will be on your right. Straight ahead (staying to the left) will be the "upper parking lot" which services the Pistol Slope and the Terrain Park. That will be the rally point.

See you there!            Jim Kent - Director