

MOUNTAIN SKILLS COURSES 2010

**Alpine Sports Club
Inc.**

www.alpinesport.org.nz

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Te Hue Hue and Summit Plateau from Paretaitonga

MOUNTAINCRAFT COURSES 2010

Introductory courses intended for trampers and others interested in gaining skills, confidence and experience in alpine conditions. Based at the Clubs hut, a few minutes walk from the Top of the Bruce car park. Main meals supplied. See gear lists for participant requirements.

BASIC MOUNTAINCRAFT COURSE

31 July - 1 August (Assemble Friday evng 31 July)

Cost: ASC Members \$155; Non Members \$180

Topics include:

- Kicking steps/cutting steps
- Use of crampons and ice axe
- Self arrest
- Snow shelters
- Avalanche transceivers
- Tying onto a rope
- Simple belay/abseil and anchors

One theory night in Auckland prior to the weekend on the mountain. Basic knots, belay and anchor topics to be covered.

Participants can sleep in snow cave if desired!

Participants need to have a good level of fitness and have clothing and equipment suitable for alpine weather conditions and prolonged exposure. Full gear lists will be provided on registration and the Club has the main technical equipment available for hire at reasonable rates. Club will provide transceivers, ropes etc.

Basic gear includes: full waterproof outer clothing including parka with hood and over trousers; multiple layers of polyprop/merino underclothing (NO cotton), fleece/down jacket, balaclava, gloves (several pairs), good boots (preferably waterproof), snow goggles/sun glasses etc., 3 x prussik loops,

Technical Gear - harness, belay device, climbing helmet (not cycle or ski helmet) carabiners, crampons, ice axe. The Belay/Climbing course requires an ice hammer as well.

PAYMENT: Course fee and accommodation to be paid by internet/phone banking into the Alpine Sports Club account at ASB, Account # 12-3237-0007167-62 - include name + Mtncraft 10 in your deposit details.

PAYMENTS TO BE MADE BY 18 JULY (Basic) or 31 JULY (Belay/Climbing) to confirm bookings.

BELAY/CLIMBING COURSE

21 - 22 August (Assemble Friday evng 20 Aug)

Cost: ASC Members \$155; Non Members \$180

Topics include:

- Snow stakes/Anchors - set-up/tying off
- Belaying/abseiling techniques
- Bucket seats and communications
- Rope management
- Ice screws
- Introduction to multi-pitch climbing
- Avalanche transceivers

One theory night in Auckland prior to the weekend on the mountain. Basic belaying/abseiling, rope and anchor topics to be covered.

Summit climbing possible if weather permits.

To obtain further information and details or make bookings contact Brian Duffy

www.alpinesport.org.nz

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