NZ Snow Safety Institute

New Zealand Snow Safety
Institute Ltd
P O Box 1228
Christchurch 8140
New Zealand
Phone +64 3 3777788
Fax +64 3 3777798
info@nzssi.com

7 day Multi Skill Mountaineering Course

Course Objectives

For several years the NZ Snow Safety Institute has run a variety of courses at various levels in skills for alpine recreation. These courses have usually taken place over a weekend. Often participants have chosen to do more than one course in a season to develop their skills

This course covers all aspects of alpine climbing from the very beginning through to the planning and execution of a personal climb on the main divide of the Southern Alps.

The time scale also allows for more appropriate use of the prevailing conditions to best facilitate learning. For example there will be a far better chance for good cramponing conditions to develop good technique. The ability to develop an understanding of the vagaries of mountain weather living high in an alpine environment will be of real advantage, as will the opportunity to observe the development of the snow pack over a long period.

The development of climbing technique over different conditions and getting to know other participants well is another great advantage.

Course Content

- Self arrests with and without tools
- Steep ice and snow climbing
- Kicking and cutting steps
- Ice axe and crampon use
- Equipment selection & use of tools
- Navigation
- Building snow shelters
- Learning ropes, knots and belays
- Roping up for glacier, gully, ridge, and face climbing
- Complex anchor systems in various snow conditions
- Running belays
- Abseiling skills

- Glacier and ridge travel
- Weather, route selection, avalanche hazard
- Rescue procedures
- Assisted hoists and Z pulley raises
- Escaping the system
- Improvised self rescue
- Lowering a slightly injured person
- Snow profiles
- Risk Management in an alpine environment
- Transceiver use
- Avalanche search and rescue

Equipment list:

- Backpack* with pack liner
- Waterproof trousers and jacket
- Plastic or solid leather tramping boots (spare footwear for lodge).
- Gaiters
- Layers of thermal clothing
- Hat, gloves more than one pair
- Sunglasses and suncream
- Sleeping bag
- Compass
- Snow stake*
- Head torch with spare batteries
- Drink bottle at least 1 litre
- Notebook and pencil
- Camera optional
- Bivi bag

- First aid kit including personal medication and treatments for cuts, blisters and pain
- Personal toiletries, towel, and clothes for use at the lodge.
- Personal climbing Equipment including:

Ice axe and crampons*

Hammer*

Climbing helmet*

Climbing harness* with:

- 4 x screwgate karabiners
- 4 x snaplink karabiners
- 1 x belay device not figure 8 style
- 3 x prussic cords 1m, 2m, 3m
- 1 x 6m cordelette
- 1 x 5m sling untied
- 1 x +/- 20 cm ice screw

A detailed equipment list is attached HERE

Participants should be of reasonable fitness with some previous alpine tramping/skiing experience. If you have some pre-existing condition about which the instructor should be aware in an emergency, it is your responsibility to communicate this. Information such as this will be kept confidential.

^{*}Equipment is available for hire at Temple Basin. Booking is essential. See rental list HERE Ropes are provided for this course.