

Mountain Skills 3

Course Objectives:

This course is for intermediate mountaineers. It introduces advanced skills including rope rescue work and climbing steep, exposed terrain where the use of two tools is necessary

Course Content:

- Revision of rope skills
- Steep terrain movement
- Two tool movement
- Ice axe and crampon use
- Abseil rescue
- Hauling systems
- Risk management
- Weather, route selection and avalanche hazard

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
- Bivi bag*
- First aid kit including personal medication and treatments for cuts, blisters and pain
- Personal toiletries, towel, and clothes.
- Transceiver, snow shovel and probe*
- 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 +/- 20cm ice screw

*Equipment available for hire at Temple Basin. See rental list [HERE](#)

Ropes are provided for this course.

A detailed equipment list is attached [HERE](#)

Prerequisites

Participants must be familiar with the use of ice tools, crampons, self-arresting, belaying and abseiling.

Participants should be over 18 years, of reasonable fitness with previous snow climbing experience. If you have any pre existing conditions of which the instructor should be aware in an emergency it is your responsibility to inform. This information will be confidential.