



## **Mountain Skills 2**

Mountain skills 3, builds on the Mtn skills 2 course.

By building on the use of rope and two tools to safely ascend and descend mountains of grade 2+ and multi pitch climbs. It introduces more advanced techniques such as multi-pitch climbing on Snow, Rock & Ice. And alpine rescue techniques & greater information into route selection.

### **Skills List**

- Equipment Selection and its use
- Complex anchor systems
- Alpine rescue techniques
- Navigation
- Avalanche & Weather
- Route selection
- Abseiling using natural protection
- Ridge travel
- Steep ice and snow climbing
- Advanced rock, ice and snow anchors

### **Equipment List**

- Back pack with Pack liner (35-45L)
- Ice Axe & Hammer\*
- Snow stake\*
- Crampons\*
- Rock Climbing Harness with the following\*
  - 4 S/G Carabiners
  - 5 Snap links
  - Belay device (Not Fig8 style)
  - 3 prussic cords (1m/2m/3m)
  - 1x6m Cordelette
  - 1x5m Sling (Un-tied)
  - 1x+/-20cm Ice Screw
- Transceiver, Shovel & Probe\*
- Mountaineering Boots
- Gaiters
- Compass (Map optional K33 copy)
- Gloves for snow work & a spare pair
- Polypro gloves
- Helmet (Climbing specific only)
- Waterproof breathable jacket and pants
- Layers: Thermal clothing that can be varied depending on conditions
- Sun hat & Beanie
- Sun glasses
- Spare change of clothes for the lodge including trainers/slippers
- Sleeping bag for sleeping in the lodge
- Torch & Spare Batteries
- Personal Medication & First Aid kit & Toiletries inc. Sunscreen!
- Note book & Pencil
- Camera (optional)

*\*Most technical equipment can be hired from the NZSSI™ with prior notice*

*\*If you are borrowing or buying crampons ensure that they fit your boots before the course*

*\*Ropes are provided for this course*

**For more detailed information on equipment please look at the detailed equipment notes provided on your booking**

### **Prerequisites**

The participants must be familiar with the use of crampons and be able to self-arrest. And/or have completed the Mtn Skills 1 course

**Participants should be over 18 years of age, of reasonable fitness and preferable previous tramping experience.**

**If you have any pre existing conditions that the instructor/guide should be aware of in an emergency it is your personal responsibility to inform the instructor/guide.**

**This information is confidential**



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