



Mountain Skills 3

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 (See detailed equipment list on the website)

- 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)
 - 1x6mx7mm Cordelette
 - 1x5m Sling (Un-tied)
 - 2x120cm Sling
 - 1x16-20cm 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. All knots used in climbing. And/or have completed the Mtn Skills 2 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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