



Mountain Skills 2

Course Objectives

This course revises Mountain Skills 1 and is designed for people who wish to extend their mountaineering skills. It introduces travel on steep and exposed terrain and the rope skills necessary to achieve this

Course Content:

- Snow and ice terrain awareness
- Ice axe and crampon use
- Mountain weather
- Camp craft
- Avalanche awareness
- Basic rope skills including:
- Abseiling
- Anchor construction
- Lowering a person
- Assisted hoists and Z pulley raises
- Short roping - use of a rope to safeguard an insecure person on moderate terrain.

Equipment List:

- Backpack* with pack liner
- Waterproof trousers and jacket
- Plastic or solid leather tramping boots (spare footwear, trainers etc for lodge)
- Gaiters
- Layers of thermal clothing
- Hat, gloves – more than one pair
- Sunglasses and sunscreen
- Sleeping bag
- Compass
- Transceiver, snow shovel and probe*
- Notebook and pencil
- Camera
- Head torch with spare batteries
- Drink bottle - at least 1 litre
- Bivi Bag*
- Snow Stake*
- First aid kit including personal medication and treatments for cuts, blisters and pain
- Personal toiletries, towel and clothes for use in 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 +/- 20cm ice screw

*Equipment is available for hire at Temple Basin. Booking is essential. See [RENTAL LIST HERE](#). Ropes are provided for this course.

Prerequisite

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.