

Mountaineering and Winter Survival School

Unit 1 Introduction

broad brush of all topics

slides / video

Unit 2 Mountain Travel (LAMC)

modes

boots

snowshoes

skis

ice ax use

crampons

mountaineering ethics

Unit 3 Personal Survival (LASP)

clothing

weather

shelters

sleeping

ten essentials

Unit 4 Mountaineering Hazards (LAMC/LASP)

environment (objective hazards) (LAMC)

terrain

weather

equipment

avalanche (LASP/LAMC)

NSP avalanche movie

snow physics

terrain

route selection

beacon use

rescue

Unit 5 Glacier Travel (LAMC)

roped travel

crevasse rescue

Unit 6 Navigation (LASP/LAMC)

maps

compass, altimeter

GPS

Unit 7 Snow/low-angle ice Climbing (LAMC)

techniques

anchors

Unit 8 Medical Emergencies (LASP)

dealing with injuries

rescue planning

SAR basics

evacuation/extrication

Unit 9 Overnight Winter Survival Practical (LASP/LAMC)

construct sled for evac

construct emergency shelter

construct overnight shelter

map, compass exercise

Unit 10 Overnight Mountaineering Practical (LAMC/LASP)

ice ax practice

beacon practice

snow pit analysis

snow/ice anchor setting

rope travel practice

crampon technique practice