



AUSTRALIAN SCHOOL OF MOUNTAINEERING

166 Katoomba Street Katoomba NSW 2780

Tel (02) 4782 2014 Fax (02) 4782 5787

E-mail info@asmoffice.com.au

Web asmguides.com

ABN 75 003 865 843 ACN 003 865 843

COURSE

Introductory Mountaineering Skills Course

MEETING TIME

7:00 Am on the first day of the course

MEETING PLACE

ASM Jindabyne Base Camp (look for ASM banner and expedition tents) at the entry to Jindabyne Holiday Park directly opposite Nuggets Crossing in Jindabyne

EQUIPMENT

See Equipment and Clothing List. You are also entitled to a 15% discount on any equipment purchases leading up to your course, from our partner business Paddy Pallin Katoomba.

PRIVATE TRANSPORT

If you intend travelling to Jindabyne by car please ensure that anti-freeze is used in the radiator. Chains are not required for travel to Jindabyne or on to the Ski Tube terminal.

PUBLIC TRANSPORT

Coaches run from Melbourne and Sydney to Jindabyne via Canberra. Contact Murrays or Greyhound coaches. Travel by air is also possible contact your travel agent for further information.

ACCOMODATION

Should accommodation be required prior to or after the course, tent sites at the Jindabyne Holiday Park (Phone 02 6456 2249) are available. This is a much favoured option as the Holiday Park is a one minute walk from the course starting point and a night "under canvas" will help acclimatise you to the four day stay at our expedition base camp above the snowline!

PHYSICAL PREPARATION

Some pre-course training such as jogging, cycling, bushwalking or skiing will go a long way in ensuring that your course will be an enjoyable and rewarding one. You don't need to be superman but a good level of fitness is recommended.

GETTING TO OUR SNOW BASE CAMP

After preparing all food and technical equipment on Monday morning, the group will then be transported by minibuss, over-snow vehicle and then finally by skis or snowshoes to our basecamp

Group gear will be transported in participants' packs as well **as on snow sleds**. It is beneficial for you to have some excess bag space for group equipment.

BOOKING PAYMENTS

For all winter snow courses the following booking payments are required:

\$200 Deposit paid upon booking.

Full payment required 30 days prior to trip commencement.

CANCELLATION POLICY

It is important to understand that we run only a limited number of winter snow courses and climbing expeditions each year, with a limited number of places – we often have to turn people away as courses book out quickly, and filling a cancelled place at short notice is not always possible.

If cancelling...

- **30 days** or more notice prior to the starting date of your course, we will refund your payment less a \$50 handling fee, or transfer your booking at no charge.
- **30 – 14 days before your course** - Course fees can be refunded less \$200 deposit.
- **14 days or less before your course** - You forfeit your full payment. If we can fill your place within this timeframe, we may refund your course fee less the \$200 booking deposit.
- **No Show:** If you fail to show up for your course, you forfeit your course fee.

We strongly advise that participants obtain insurance to cover any fees that may be incurred due to unforeseen cancellations. www.covermore.com.au offer competitively priced cancellation insurance.

In the unlikely event that ASM must cancel your course due to insufficient numbers, every effort will be made to offer you alternative dates for this course. If alternative dates are not suitable, a full refund of your course fee can be given.

EQUIPMENT AND CLOTHING

While there appears to be a lot of equipment required to participate in these activities a careful inspection of the equipment list will reveal that most items can be readily found at home or alternatively may be borrowed free of charge from ASM depending on climber size and availability.

The climbing school is well equipped with a stock of functional equipment so outfitting course participants with the right gear is rarely a problem. Our specialist mountaineering equipment has been carefully selected to suit Australian alpine conditions and is expertly maintained by our own staff. Tents are also provided which we will be setting up at our snow camp.

The fee for all Winter Alpine Courses includes all the specialist equipment necessary for safe enjoyable winter mountaineering (except sleeping bags). To ensure we can provide you with the equipment you need for this course, please complete the form at the end of these notes and return it to us ASAP.

When preparing and packing equipment and clothing for your course, make every effort to keep the weight and bulk as low as possible. Remember you are the one that must carry it, along with the technical equipment and food we will be providing you with for the duration of the course. Please ensure that you pack your spare clothing and sleeping bag in either plastic bags or waterproof stuff sacks.

EQUIPMENT LIST

- Snowshoes & Ski Poles
- Climbing Boots (rigid or semi rigid plastic mountaineering boots)
- Climbing Helmet
- Climbing Harness
- Screwgate Carabiner and ATC Belay Device (lightweight alloy)
- Prussik Loops (1 x 2m & 1 x 3m lengths of 6mm climbing cord)
- Ice Axe (60 to 70cm length, with classic "alpine" curved pick)
- Waterfall Ice Climbing Hammer (50 to 55 cm length, with reverse curved pick)
- Crampons (twelve point steel crampons)
- Sleeping Mat (closed cell foam or Thermarest type, full length & giving 20mm of ground insulation)

(ASM expects to supply the above items at no charge unless participants wish to use their own.)

- Pack (large internal frame model 75 to 90 litres capacity)
This can be supplied by ASM at no charge (depending on climber size and availability) however participants are encouraged to bring their own.
- Sleeping Bag (down or synthetic - minimum -10°C capability, with hood)
(Available for hire at a cost of \$80.)

CLOTHING LIST

- Thermal Top x 2 (synthetic or Merino wool, NOT COTTON, long sleeved)
- Fleece Jacket (long sleeved)
- Warm insulative Jacket (synthetic 100g/weight or down 200 g/weight insulation)
- Shell Jacket- Waterproof/Breathable. Must be fully waterproof and seam taped with hood
- Thermal Pants x 2 (waist to ankle synthetic, NOT COTTON)
- Fleece Long Pants (lightweight, mid layer)
- Overpants - Waterproof/Breathable. Must be fully waterproof and seam taped
- Wool Socks (3 pairs)
- Gaiters- calf length, Goretex or Nylon. Must be sized large to fit Mountain Double boots
- Thermal Inner Gloves (Thick Polypropylene or Windstopper x 2)
- Gloves (Goretex or Nylon Insulated Climbing/Skiing Gloves)
- Insulated Mittens (Goretex or Nylon, WINDPROOF & WATERPROOF!)
- Beanie or Balaclava (Polarfleece or Wool)
- Sun Hat
- Sunglasses and Ski Goggles (special purpose lenses suitable for bright snow conditions)

PERSONAL ITEMS

- Whistle (Plastic Emergency type)
- Sunscreen (Lots of Factor 30)
- Lip Guard (sunblock type)
- Plastic Garbage Bags
- Knife, Fork, Spoon
- Plastic Waterbottle (2 litres capacity minimum)
- Plastic Mug and Bowl (Big!)
- Headtorch (with spare batteries, lightweight)
- Band-aids and Tape (a dozen assorted types)
- Antiseptic Solution (Betadine)
- Pain Relief Tablets (Disprin, Panadol, Ibuprofen)
- Any Personal Medication (enough to last the trip duration plus at least

MOUNTAINEERING SKILLS COURSE – SYLLABUS

We aim to teach in accordance with the latest international standards set by UIAGM.

While we will endeavour to teach all of the below, extended periods of adverse weather can affect what we are able to teach.

General Rope Skills

Rope management
Knots
Belaying

Snow Anchors/Protection

Snow-stake anchor usage
T-slot anchors

Crampon Technique

Flat foot (French)
Front point (German)
3 O'clock position
Rest position
Balling-up

Self-Arresting

Without crampons
Firm snow/soft snow

Snowshoe Usage

Correct Fitting
Walking
Climbing
Descending

Avalanche Awareness

Hazard Evaluation
Safe Route Finding
Searching Procedures

Glacial Travel

Roping Up
Movement
Arresting a fall

Ice Axe / Hammer Use

Support position
Brace position
Anchor position
Low dagger position
High Dagger Position

Snow Shelters

Tents
Snow caves
Site selection

Snow Camping

Keeping dry/warm
Cooking
Water
Health/hygiene

FOOD AND NUTRITION

Australian School of Mountaineering will provide breakfast, lunch, dinner, snacks and drinks for the duration of the course. The menu has been chosen for the course is as it meets the following criteria: Low GI, wholesome, easy to cater for in a group setting, can be cooked easily on multi fuel stoves in an alpine base camp, and is simple to modify for those with dietary requirements

DIETARY REQUIRMENTS?

If you have any dietary requirements, we'd be happy to have a chat to work together to meet your dietary needs. Please call us on (02) 47822014 to discuss. All meals can be prepared vegetarian by leaving the meat out of the dish during preparation.

SAMPLE MENU:

Breakfast- All Days: Instant porridge sachets or cereal with powdered milk

Drinks: A range of teas, hot chocolate, and coffee

Snacks: Scroggin (mixed bag of nuts, chocolate and sweets), muesli bars

Lunch: Wraps with the following ingredients to choose from: (Salami, Tuna, cheese, lettuce, carrot, tomato, capsicum, hummus, mayonnaise)

- Dinner 1: Spaghetti Bolognese (mince, tomato based pasta sauce, zucchini, carrot, parmesan cheese, spices)
- Dinner 2: Moroccan chicken cous cous (cous cous sachets, smoked chicken breast, zucchini, carrot, spices)
- Dinner 3: Pesto Pasta (pasta, basil pesto, zucchini, carrot, parmesan cheese)
- Dinner 4: Freeze Dried Backcountry meal