



Self Rescue for Rock Climbers

So you know how to climb, maybe you are even proficient at lead climbing. Have you ever thought about what would happen if something goes wrong? What if the climber you are belaying gets injured, and you are unable to lower them back to the ground? Simple accidents like this have been the beginning of many serious injuries and even fatalities. With some basic theory and techniques, you will have the tools needed to confront these problems in a calm, systematic manner. This one day skills course will teach you how to use the equipment you already are carrying, to improvise rescue systems and get you and your team out of a jam. Every climber needs to know these skills!

Skills covered:

- Technical systems review, including belaying off the anchor
- Belay escapes
- rope ascending and descending
- counter balance ascending and descending with an injured climber
- raising systems, including 3:1 and 5:1
- lowering systems with a knot pass

Prerequisites: Basic outdoor rock climbing experience required. Lead climbing experience is recommended, but not required.



All programs directed by Adrian Ballinger
AMGA - IFMGA Certified Mountain Guide



**Price:**

\$189

Location:

Alpenglow runs our rock climbing courses on the Iconic Donner Summit, in Truckee, California. Specific meeting location details will be provided before the course starts.

What to bring:

The weather can vary wildly on Donner Summit, from cold and windy to hot and sunny. It is important that you have the proper clothing to be comfortable while in the field.

- T-shirt
- Shorts
- Light pants
- Light weight long sleeved shirt for sun protection during warm periods, or a long sleeved capilene or merino wool layer for cooler periods
- Light puffy jacket or fleece sweater
- Lightweight rain jacket
- Baseball hat or other sun hat
- Warm beanie for cooler conditions
- Sturdy hiking shoes, sticky rubber “approach” shoes recommended
- Sunscreen
- 1 liter of water
- Lunch and snacks for the day
- Camera (optional)

If you already own climbing shoes, harness, helmet, or other climbing gear, feel free to bring them along. Alpenglow provided harness, helmet and shoes free of charge if needed. If you do require climbing shoes, please state so on your application, along with your shoe size.

Itinerary:

- 8:30AM- meet and greet, introductions, goals of the day
- 8:45-12PM- Morning skills session
- 12-12:30PM- Lunch
- 12:30-3:30PM- Afternoon skills session



877-873-5376 | PO Box 3122 | Olympic Valley | CA | 96146
alpenglowexpeditions.com | info@alpenglowexpeditions.com