# *Program of Glacier guiding skills course*

**Day 1**

Meeting inside Olis Reykjavik (Norðlingabraut 7) at 8:30am
After initial meeting we will be heading to Sólheimajokul glacier

- Description of the course and outcomes
- Topics covered of the day:
- Glaciology
- Introduction to glacier gear (crampons, ice axe, helmet, carabiners, slings, ice screws...)
- Knots and anchors
- Glacier terrain analysis and gaining confidence on crampons

Q/A

17:00 end of the day

**Day 2**

Meeting inside Hotel Skogar 10am or Sólheimajokull car park *(weather dependent; we will decide this by the end of day 1)*

Topics of the day

- Weather forecast and terminology
- Building anchors
- Rappelling
- Ascending
- Guiding (taking the lead and guide each other)
- Crevasse rescue introduction

17:00 end of the day

**Day 3**

Meeting inside Hotel Skogar 10am or Sólheimajokull car park *(weather dependent)*
Topics of the day

- Professionalism
- Guiding (taking the lead and guide each other)
- Crevasse rescue introduction

17:00 end of the day
The course finishes with a short briefing by the parking lot.

## What to bring?

Equipment needed *for **each participant** of the course:*

- **8 x locking carabiners**, (of which 1 need to be HMS carabiner and 1 triple locking carabiner)

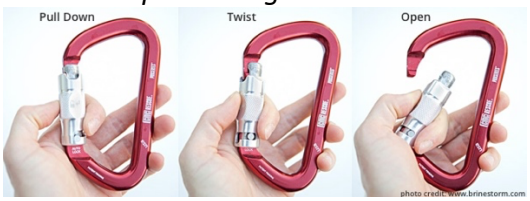
*These below are locking carabiners (shape or brand does not matter)*



*These below are HMS carabiners (pear shape):*

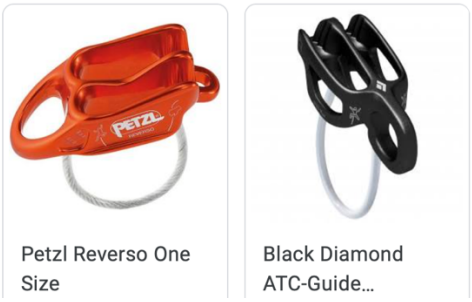


*This is a triple locking carabiner:*




- **1 x ATC guide** (black diamond) or Reverso atc (Petzl)

The brand doesn't matter; make sure it looks like these one with the metal loop behind the 2 holes. If unsure contact me.




- **2 x Sewn double length sling 120cm** (best option is <u>10mm thick</u>)



- **2 x Ice screws, minimum** 16 cm long



- **2 x 3 meters long** and **7mm** thick diameter cordalette (prusik cord)




**Personal gear**

- Full stiff or half stiff mountaineering boots

- harness (with gear loops)
- Helmet
- Crampons (preferably 12 points)
- Ice axe

Ropes will be provided from Nunatak.

**GG Sport and Fjallakofinn shops can provide all gear above and possibly rent it.**

**Other stuff:**

- **Clothing** - Has to be appropriate for full day on the glacier **(6-8hours)**. It is important to stay dry and warm on the glacier so you can focus on the course and learn (puffy jacket, gore-tex jacket and pants…).
- **Lunches** - We will not go inside for lunches, nor will we stop the course for a "picknic". We "eat on the go". Please prepare your lunches for each day. It is important to be well fed, so you can focus on the course.
- Bring a **Notebook** to write notes during each day. This will be very beneficial especially after the course to go over things and to keep things fresh.