



## **PROGRAM MOUNTAINEERING 101 COURSE**

### Day 1

Meeting at Svinafell camping ground (at 11:00 am)

Meet the group and overview the course: goals and objectives.

Technical topics of the day:

- snow covered terrain (glaciology and crevasse patterns)
- navigation on snow covered glacier (use of Gaia GPS, Inreach)
- knots + friction knots for glacier travel (overhand, figure 8, butterfly, prusik, clove hitch)
- rope work: coils, distance between members of rope team
- technical gear in mountaineering backpack (crevasse kit for glacier travel)

### Day 2

*Start the day 9am*

Hard ice practice on one of the outlet glaciers:

- going over knots; ascending the rope as a fallen climber
- crevasse self-rescue and rescue of a team member drop loop option (2:1 to 6:1)

### Day 3

*Start the day 9am*

weather for summit trips

route planning for multiday trip

Hard ice practice on one of the outlet glaciers: crevasse rescue direct pull (3:1 to 5:1)

rope work "break down" step by step for every scenario (indoor)

### Day 4

*Early Start (tbd)*

Snow anchors

glacier travel and crevasse rescue practice (all scenarios)

glacier camping

### Day 5

Summit and descent

Final meeting at the gas station of Freysnes with a beer ;)