



Program of Glacier guiding skills course

Day 1

Meeting inside Olis Reykjavik (Norðlingabraut 7) at 8:30am

After initial meeting heading to Sólheimajökul 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 Sólheimajökull car park (*weather dependent*)

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 Sólheimajökull 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)

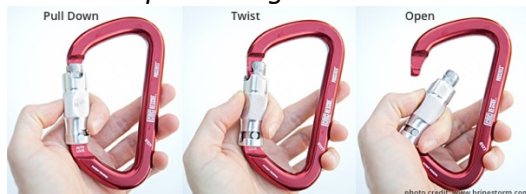
These below are locking carabiners (shape or brand does not matter)



These below are HMS carabiners:

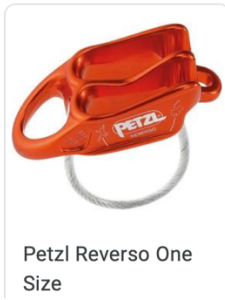


This is a triple locking carabiner:

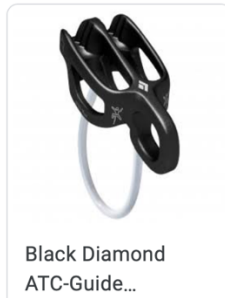


- **1 x ATC guide** (black diamond) or Reverso atc (Petzl)

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



Petzl Reverso One
Size



Black Diamond
ATC-Guide...

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



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



- **2 x 4 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 shop 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 “picnic”. 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.