

Crevasse Rescue Training

Purpose: to learn how to make a z-pulley system to pull someone out of a crevasse; something you'll need to know for our glacier climbs later this summer. This trip is mandatory.

Tentative schedule:

Saturday, March 17th or Sunday, March 18th

9:00--meet at The Mountaineers, set everyone up with the right gear

9:15--watch a demonstration of how crevasse rescue is done

9:35--split into groups of 3 and take turns practicing the z-pulley system

12:00--done!

Gear to bring:

- Warm clothes! We'll be outside and in a cold basement
- Backpack
- Snacks and water bottle
- Harness*
- Helmet*
- Ice axe*
- Locking carabiners*
- Rescue pulley*
- Hero loop, prusiks, and chest harness
- Some runners and carabiners
- Personal anchor

Notes:

Be sure to review the crevasse rescue video (http://www.youtube.com/watch?v=y6gz6WaO1_0) and the crevasse rescue handout (both video and handout are posted on the Crew 99 website) before you come to the trip! You probably won't understand it perfectly the first time you watch the video or look through the handout, but it'll help on the day of the field trip if you've seen the technique before.

Items marked with an asterisk on the gear list are available for you to borrow from The Mountaineers for the day if you don't have your own gear.