



A Day on the Ice

Have you climbed ice before? Maybe it was with SMC, another guide service or by yourself and you want to get back into the swing of things (so to speak)?

Are your skills rusty and you want a tune up?

Or do you just want to get out and have a day's worth of fun on the ice.

If so, then our one day program is for you. Our goal is to get in as much climbing as we can in the day. We assume that having climbed ice before you remember some of the basics and we will not start from absolute zero. However we will still do a review of basic skills and techniques to make sure that everyone is on the same page. Once this review is complete our main goal is to get in as much climbing as possible and to push your skills and limits to whatever level you feel comfortable at.

Itinerary: After meeting and breakfast we head up into Lee Vining Canyon or June Lake depending upon the prevailing conditions

Accommodation: We do not include accommodation in the pricing but we have an arrangement with Murpheys Motel in Lee Vining for our guests to stay there. The motel is on the west side of Highway 395 at the north end of Lee Vining. The phone number here is (760) 647-6316 and the manager is Nancy.

Meeting place and time: The normal meeting place is at Nicelys Restaurant in Lee Vining. We meet here for breakfast at 7.00 a.m.. Refer to the map for directions on how to get there. However since it is winter and conditions change we ask that you be flexible. If you are staying at Murphey's Motel in Lee Vining we normally leave a message with Nancy, the manager, if we are considering any changes.

If there are any last minute problems call Nicely's at (760) 647-6477 and leave a message on our office answer machine so we will check for it if you do not show up.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding, permits, demo ice tools and crampons, helmets, group climbing equipment. Lodging in Lee Vining is an optional add-on.

Notes and other information: Our lead guides are American Mountain Guides Association certified so you can expect a high level of climbing and safety knowledge combined with solid instructional skills.

The SMC web site has photos and , a map and more information.

For the latest ice report and information including recent photos of the ice head to our website and look at our Ice Info. The course includes: demo models of all best equipment with ice tools and crampons from Black Diamond and Petzl, all other necessary climbing gear (except harnesses), and snowshoes (if necessary). Please refer to the attached equipment list.

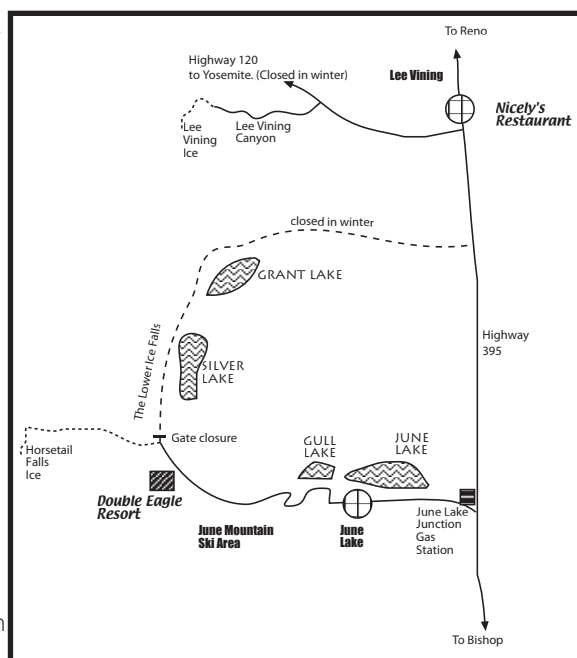
Please be sure to tell us your shoe size in advance if you're using our crampons.

The best and only guidebook is our own SP Parker's "Eastern Sierra Ice".

Get it from Maximus Press (<http://www.maximuspress.com>)

Prerequisites: Participants should be in good physical condition. Prior ice climbing experience is required for this day but we do not expect you to be an expert at it.

Ratios: Maximum ratio is six participants and one instructor. This allows us to run two ropes, each with a backup belayer and the all necessary photographer.



Equipment List for Ice Climbing

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment and if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. Items on the list with an * may be rented from SMC.

Hardware

- Technical Ice Axe: A short, 50 cm, tool.
- Technical Ice Hammer: A short, 50cm, tool.
- Crampons: A rigid type with step in bindings are recommended.
- Boots: Either plastic or good quality leather. These should be stiff with a full length shank and warm. We recommend Asolo, Scarpa, Lowa plastics or the La Sportiva Nepal Tops or K2s. Boots can be rented from Wilson's Eastside Sports (760) 873-7520. Pay particular attention to your footwear. You do need appropriate boots and lightweight hiking boots will not cut it - your feet will get cold! Talk to us if you have any doubts.
- Harness, two locking carabiners, a couple of non-lockers.*
- A belay/rappel device.*
- Helmet. We include this with all programs.
**Bring these items if you have them. We can provide crampons, ice tools, harnesses and helmets and these are included with the course. We do however need to know your boot and waist sizes if you need our equipment. We do not rent ice boots.*

Clothing

- 2 pair synthetic liner socks
- 2 pair heavier synthetic or wool blend socks
- Gaiters. Overboots are going to be the warmest, but regular gaiters will protect the Goretex from crampons and keep snow out.
- Long underwear top and bottom. Capilene or some other synthetic is most desirable.
- Warm pants or bibs. Pile or Expedition weight Capilene.
- Warm sweater top of some sort. Pile or Synchilla.
- Pile jacket.
- Good quality rain/wind pants and jacket. A full storm system will ensure you stay warm even on the coldest days. Bibs are good to avoid the gap between pants and top.
- Warm hat.
- Visor hat (for sun).
- Liner gloves.
- Shell gloves or mittens. Mittens are warm, but you lose dexterity. Bring extra hardware if you have it to change out during the day.

Etc.

- Pack to get it all to the ice. A climbing pack of about 3000 cubic inches is plenty big enough.
- Sunglasses, high quality with keeper leash. The type with side shields are recommended. If you wear corrective glasses you might want a second pair. Goggles are great, especially if it's stormy.
- Sunscreen and lip screen. SPF 30+. Make sure the lip stuff actually contains a sunscreen. A 1oz bottle will be sufficient.
- One or two 1-quart plastic water bottles with insulating jackets.
- Thermos. A hot drink in the day is just wonderful. You can get these filled with a hot drink at the restaurant.
- Headlamp with extra batteries and bulb.
- Camera, film and spare batteries.
- Ski poles: These are helpful on the hike in.

Food

- Bring something easy to eat for lunch. The restaurant can make lunches to go.

Group gear that will be provided and divided amongst the group prior to starting the trip

- Shovels.
- Avalanche transceiver for each person if necessary.
- Climbing gear.
- Snowshoes, should the hike in require them.