



Rock V: Self Rescue for Climbers

Trip Notes

Rock V: Self Rescue for Climbers

In climbing, it is important to be familiar with a variety of tools and techniques for rescue. This course will cover the equipment you should carry with you and different ways of using them. Familiarity with these techniques will give you the skill and confidence you need to be able to handle an emergency rescue.

Itinerary

Self rescue is a complex problem. Every situation is different and it will never be possible to give a complete list of solutions to an infinite variety of problem. You will be encouraged to use the tools and techniques taught in class to solve problems.

These problems may include: rescuing a follower or leader, evacuating a victim off the cliff by descending or raising, or simply solving a climbing problem.

We will also discuss how to avoid these situations which is by far the most elegant solution.

Topics covered will include:

Day One: The Tools

- Rescue toolbox
- Knots and hitches
- Ascension methods
- Knot passes and lowering
- Counterbalancing and rappelling
- Rescue applications

Day Two: Putting It All Together

- Hauling systems
- Rescue scenarios

Meeting place and time

Course location will depend upon weather and conditions at the time.

For Mammoth based climbing we meet at the Mammoth Welcome Center in Mammoth Lakes at 8:00 am. From Highway 395 take the Mammoth Lakes exit and follow the signs into town. The Mammoth Lakes Welcome Center is a few miles from the highway on your right (along with the US Forest Service). The address is 2510 Main St, Mammoth Lakes, CA 93546. If you get to the first traffic light you have gone too far.

For Bishop based climbing we will meet the first day at 8:00 am at the world headquarters of Sierra Mountain Center, 200 South Main Street, in Bishop. We are on the east side of Highway 395 in the second block south of the south most traffic light (intersection of Line Street and Main Street/Highway 395. Or is you prefer just across the Mountain Rambler Brewery.

We will meet for an orientation talk and equipment check, then proceed to our location for the day.

Dates and Prices

Check the latest brochure, call us or go to our web site and locate on the first page the pull down menu for downloadable schedules and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or canceling. Price includes guiding and all necessary group climbing gear.

Ratios

We undertake it at a 1:2 maximum ratio to ensure maximum time with you practicing rescue skills.

Notes and other information

We recommend reading the following books:

Fasulo, David J. *How To Rock Climb: Self Rescue*, Falcon Press, 1996

Long, John. *How To Rock Climb: Climbing Anchors*, Falcon Press, 1993

Long, John. *How To Rock Climb: More Climbing Anchors*, Falcon Press, 1996

Luebben, Craig. *How To Rock Climb: Knots for Climbers*, Falcon Press, 1996

Prerequisites

This course assumes that you are competent at creating and assessing anchors appropriate to any climbing situation. Additionally, you should have a good repertoire of knots, be familiar with rappelling, and have experience with multi pitch climbing.

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Equipment List for Rock V: Self Rescue for Climbers

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 or if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. When packing **THINK LIGHTWEIGHT!**

Climbing equipment

- Harness.* Comfortable rock climbing style.
- Helmet. Comfortable and lightweight. We provide these for the program if you do not have your own.
- Carabiners.* Four locking carabiners (2 HMS/pear shaped); 4 non-locking.
- Belay/rappel device.* A tube/plate style device, ATC style with guide mode. In addition, it is advantageous to have an assisted braking device such as Petzl GriGri 2/+ or Edelrid Mega Jul.

- Rock climbing shoes.*

* These items can be rented from SMC. Use our PDF or online form.

Other essentials

- Footwear. A climbing-specific approach shoe or a hiking shoe.
- Daypack. 25-35 L pack.

Clothing

We will discuss what to bring when we meet. Have these items with you so you are prepared for any possible weather conditions.

- 2 pairs of socks for the weekend.
- 1 mid-weight long-sleeve top. Capilene, Merino or other synthetic.
- 1 pair of long-johns or tights. Capilene, Merino or other synthetic.
- 1 warm pair of pants.
- 1 warm shirt. Synchilla or 200 weight works well.
- 1 warm jacket. A down jacket is preferred with around 800 fill.
- Waterproof Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- 1 pair of climbing pants.
- 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.

- 1 short-sleeve T-shirt. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- 1 lightweight pair of polypropylene or similar gloves.
- 1 warm hat/beanie. Synthetics are less itchy than wool.
- Sunhat. Better to cover up than just rely upon sunscreen.

Etc.

- Sunglasses. If you wear corrective glasses you might want a second pair.
- Water Bottles. Two 1L bottles or a hydration system holding up to 2L.
- Camera/phone camera.
- Personal toiletries. Include some TP and a bag to pack out the used from the crags.
- Sunscreen and lip screen. SPF 30+. Make sure the lip stuff actually contains a sunscreen.
- Bug repellent. Only needed in spring and early summer.

Food

- You are responsible for water, snacks and lunch for both days.

Shared equipment provided by SMC

- Ropes
- Climbing equipment
- First aid kit

Optional, bring these if you have them

- Soft goods: A double length (120cm) nylon sling; 6 quick-draws and 6 alpine draws; PAS or equivalent; 1 pre-cut prusik cord (42in); 1 cordelette (7mm, 25ft).
- If you own any personal climbing gear you would like to get used to, including anchor building material, trad gear, etc, please bring along! It's advantageous to learn with the gear you will be using.

Knots and hitches to know before coming to the course. We will review these, but practice them beforehand if possible.

- Figure eight follow through, figure eight on a bight
- Bowline and variations; great for anchoring top ropes when using a static rope as an anchoring tool
- Clove hitch
- Water knot, double/triple grapevine (fisherman's)
- Friction hitches: Prussik, kemheist, autoblock, Bachman
- Mule knot
- Munter hitch