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experience transcendental invitation

Ice Climbing 101: Intro to Ice Climbing Course

Introduces the fundamentals of ice climbing in Alaska. Covers hazard assessment and evaluation, selection of personal gear, technical needs, and safety equipment. Introduces risk management strategies, basic knots, rope handling, and top rope ice climbing. The primary learning objective is for students to develop top rope ice climbing competency: anchor setup, belaying, and climbing. From this foundation students can gradually work toward lead climbing on ice independently or with further professional instruction.

Course Objectives

- Understanding of ice climbing risk assessment and management
- How to select appropriate personal, technical, and safety gear
- Competency with basic climbing knots
- Competency with top rope belay technique
- Competency with top rope climbing technique
- Develop basic rope management skills
- Develop basic understanding of ice climbing anchor systems

Learning Outcomes

Upon successful completion of course students will be able to:

- Demonstrate basic ice climbing day trip preparation
 - Clothing, gear, and route (approach and climb) selection
 - Risk management and emergency response planning
- Recognize, assess, and manage subjective and objective hazards
- Demonstrate safe top rope belay and ice climbing techniques
- Understand basic knots, gear, anchors, and techniques for top rope ice climbing