

# BASIC CLIMBING COURSE

LEARN THE ROPES



Limited Spots per Year. Don't Wait Too Long!

Visit The Website To Sign-up! [Mountaineers.org](http://Mountaineers.org)

See Back For More Details

## CLIMB!

HONE YOUR TECHNIQUE



With a team of experienced volunteers from prior climbing courses, we'll teach you the essentials to get started.

We'll teach you:

- Essential knots and hitches
- How to spot hazardous terrain
- The gear needed for safe climbing
- The use of an ice ax on snow/ice
- The systems of belaying and rappelling

The Basic Climbing course provides beginners and indoor climbers with a foundation in outdoor climbing techniques and the principles of alpine, rock, and glacier climbing technical systems in an alpine environment.

By the end of the program, climbers will be able to belay, rappel, self-arrest, safely travel on snow and glaciers, and be a part of a rope team, among other skills learned and practiced.

Under the supervision of more experienced climbers, we'll go on field trips to practice and evaluate you on the essentials.

We'll go to:

- Spire Rock and the Cirque rock gym to practice on rock
- Paradise to prep you for glacier travel
- Vantage to test your belay/rappel
- Mount Baker to test crevasse rescue

# Graduation Requirements

## Prerequisite Course:

- Wilderness Skills (Mountaineers Course)

## Complete the following activities:

- All lectures and field trips
- Conditioning Hike
- Alpine Climb
- Glacier Climb
- Rock Climb
- Stewardship Project

## Also complete the following courses:

- Mountaineering Oriented First Aid
- Basic Navigation

## How to Enroll & Who to Contact

Find all of the Olympia Mountaineers courses at:

[Mountaineers.org](http://Mountaineers.org)

For more information or questions,  
Contact the course leader:

Julie Dasso

(360) 628-9784 [julie@mountainjules.com](mailto:julie@mountainjules.com)

WITH  
THE  
OLYMPIA  
MOUNTAINEERS



**Not all summits are  
snow and ice**



The  
**Mountaineers**  
EXPLORE • LEARN • CONSERVE

**Rainier isn't the only  
place to climb**