

# OENZ 7-Day Alpine Course Outline

**8:00am - Meet your group and instructor/s at Arthurs Pass Café & Store.**

\*Alternatively, you can meet in Arthurs Pass **the night before the course starts** and we will provide your accommodation.

## **Day 1 - Overview**

Today is all about getting to grips with the essential skills and equipment that allows you to travel in the mountains safely.

**9:00am - Arrive at Mt Cheeseman Ski area or Broken River ski area**

- Gear check & hand out OENZ supplied gear
- Packing and selecting appropriate gear for use in the NZ mountains
- How to pack and carry avalanche and alpine equipment
- Fitting Crampons to boots & holding an Ice axe
- Check avalanche transceivers (before you go)
- Assembling and using a probe - Spiral probing
- Avalanche transceiver search practice

**12:30ish – Lunch** (out in the field)

- Avalanche scenario search (single burial - single searcher)
- Identifying avalanche terrain. Terrain - Angle, Aspect, Altitude Trigger points, Traps
- Observations. Weather and snow pack – Recent activity, Cracking/whooping, rapid loading, wind, temperature

**2:30pm – 3:30 pm** Back at Vehicles, drive to Arthurs Pass Lodge

**4:00 - 6:00 pm** – Theory session, PowerPoint

## **Evening**

- Cook your dinner.

## Day 2 - Overview

Today our aim is to consolidate our new skills by putting it all together.

**6:30 - 7:30am Breakfast (bring your own as nothing is open this early in Arthurs Pass)**

**7:30 - 8:00am – Plan the day ahead**

- Check avalanche forecast, talk through implications and considerations based on this forecast and previous days observations.
- Trip planning – plan our day.

**9:30 - 10:00 am – Arrive at practical training location**

- Make our way up using safe travel & avalanche avoidance techniques
  - Spacing
  - Visual contact
  - Islands of safety
  - Safe travel routes
  - Communication
  - Escape routes

**12:30pm Lunch (along the way)**

- Avalanche search practice
- Rescue digging
- Team digging scenario (deep burial)
- Full Avalanche rescue scenarios- multiple burials, multiple searchers

**3:30 - 4:30pm – Back at vehicles, drive back to Arthurs Pass Lodge**

**5:00 - 5.30pm – Arrive in Arthurs Pass and check gear**

Whilst having some down time for the evening and packing for the following five days this is a good chance to ask any last minute questions before heading up the mountains to Temple Basin Lodge. Your guide will also need to do a gear check so we know we have the essential gear needed for the course (listed in red on the packing list).

Cook your dinner at the lodge.

## Day 3 - Move to Temple Lodge, Rope Skills

**8:00 - 10:00am – Breakfast, tidy up lodge, drive to Temple Basin car park/goods lift**

**10:00am – Drop gear at goods lift**

Everything you don't need for the walk up to the lodge is sent up in the goods lift.

**10:15 - 11:15am – Walk up to lodge**

From the carpark it's a 45-60min walk up a steep track to access Temple Basin. Depending on conditions you may need to use crampons and an ice axe for some or all of the access track (your guide will advise you what to take up the track)

**Food: Breakfast** - Self catered

**Lunch** – Catered by Temple Lodge

**Dinner** – Catered by temple Lodge

**Snacks** – Basic snacks (muesli bars and fruit) provided by Temple Lodge.

*Hot tip: You may wish to pack some of your favourite snacks for your course as mountain days can be long.*

**12:30 - 1:30pm lunch at the lodge**

Once you have settled into the lodge you will be treated to lunch.

**2:00 – Afternoon skills session**

This afternoon will be all about learning the gear and some foundational skills to set us up for the week of climbing. We will introduce all of the technical equipment, fit harnesses, and introduce a range of useful knots.

*While some people like to come into the course prepared and knowing these fundamentals in advance, please be prepared for the whole group to visit these skills.*

Once we are comfortable with our gear and some base skills, we will head outside to run an afternoon session. We have multiple topics that could be introduced this afternoon and the guide will pick the best one for the group and conditions at the time.

**Skills session your guide will choose from:** *(See appendix 1 below for the breakdown of these skills)*

- Knots
- Belaying methods
- Abseiling
- Anchors (snow or rock)
- Movement on rock & snow

If the weather is storming, then there is a good chance you will practice some of these skills indoors, with a shorter trip outside in the weather.

### **6:30 - 8:00pm Dinner & Dessert**

Your instructor will look at the weather for Day 3 and provide you with the following information:

- Skills you will look to cover in Day 3
- Gear you will need for the day
- Departure time for leaving the lodge
- Whether you will be out for the whole day or part of the day *(only applicable on a bad weather forecast)*

## Day 4 – Pitching & Ridge Travel

**Food: Breakfast** - Catered by Temple Lodge

**Lunch** – Catered by Temple Lodge

**Dinner** – Catered by Temple Lodge

**Snacks** – Basic snacks (muesli bars and fruit) provided by Temple Lodge.

*Hot tip: You may wish to pack some of your favourite snacks for your course as mountain days can be long.*

**7:00 - 8:00am Breakfast and get ready for the day.** If the weather is good, you will be out/away from the lodge for the entire day.

Building on from yesterday's skills your guide will likely take you up the hill for some multi-pitch climbing/ridge travel and simul climbing skills.

Here you may cover some of the following skills *\*If you covered these skills yesterday we will move on to another skill – you will apply and consolidate the skills during the day of travel.*

- Belaying methods
- Abseiling
- Anchors (snow or rock)
- Pitching & multi-pitch climbing
- Roped Movement techniques

### **6:30 - 8:00 Dinner & Dessert**

Your instructor will look at the weather for Day 4 and provide you with the following information:

- Skills you will look to cover in Day 4
- Gear you will need for the day
- Departure time for leaving the lodge
- Whether you will be out for the whole day or part of the day *(only applicable on a bad weather forecast)*

## Day 5 – Attempt a Summit

**Food: Breakfast** - Catered by Temple Lodge

**Lunch** – Catered by Temple Lodge

**Dinner** – Catered by Temple Lodge

**Snacks** – Basic snacks (muesli bars and fruit) provided by Temple Lodge.

*Hot tip: You may wish to pack some of your favourite snacks for your course as mountain days can be long.*

**7:00 - 8:00am Breakfast and get ready for the day.**

If the weather is good, you will be out/away from the lodge for the entire day.

Building on from yesterday's skills your guide will complete the remaining climbing skills left to be taught with the objective to attempt a summit.

Summit options include: Mt Temple, Mt Blimit, Mt Cassidy

**6:30 - 8:00 Dinner & Dessert**

Your instructor will look at the weather for Day 5 and provide you with the following information:

- Skills you will look to cover in Day 5/6
- Gear you will need for the day
- Departure time for leaving the lodge
- Whether you will be out for the whole day or part of the day (*only applicable on a bad weather forecast*)

## Day 6 – Crevasse Rescue & Snow Camp

### 7:00 - 8:00am Breakfast:

A packing session and handing out of overnight gear (that has been organised in advance) will take place this morning. You will be given information on what you will need to take with you in regard to technical climbing gear as well as overnight camping equipment. You will need a 65ltr (tramping/hiking) pack for the overnight camp-out to be able to carry everything.

It is likely that we will head to a location called Upper Bills for our camp-out and take our crevasse rescue equipment so we can practice **Glacier Travel & Crevasse Rescue Skills**.

When we arrive at the camp location we will set up our camp. If the snow is okay and overnight temperatures look good, then the choice to build a snow cave will be available for those keen to. If not then we will be in tents for the night.

We will establish camp before heading into the afternoon skills session around glacier and crevasse rescue.

## Day 7 - Revisit Skills or Mini Adventure

### 6:30 - 7:00am - Pack up camp

**Return to lodge for breakfast 8:30 - 9:00am – Pack up and drop bags at gear lift.**

### 8:30 - 9:00 – Pack up and drop bags at gear lift.

The gear lift only operates in the morning, your gear will be put in the shed at the bottom of the mountain ready for collection at the end of the day.

### 9:30am - 12.30pm – Extra time

Your guide will have this time planned into your sessions to cover some of the information listed in the table above.

However, this is a great time to ensure you have everything you wanted from the course and to cover anything in further detail that you're unsure of. Your guide will continually check in with you on how you're going on this course and we encourage you not to leave any questions till the last day as we can't guarantee we can cover it at the last minute!

**12:30pm – Lunch (at the lodge or packed lunch depending on the plan for the day)**

**2:00pm – Leaving Temple Basin Lodge**

Time to say goodbye to Temple Basin and head back down the access track.

**3:00pm – Pick up bags from goods lift/end of course**

**5:00pm Back in Christchurch**

If you're travelling with OENZ back to Christchurch you can expect to be back in central Christchurch between 5:00 -5:30pm

*Remember this is only a guide and the camp-out may take place earlier in the week to maximise on the best weather forecast. In which case the overview will change. Your guide will not decide until Monday evening when the best time to include the camp-out will be, as this will be based on the most up-to-date weather forecast.*

<b>Some alternative skills that <u>may</u> be covered over the course in bad weather day/forecast</b>	
Mountain weather	Indoor application of haul systems
Indoor application of rope skills	Mountain Navigation
Trip planning	Avalanche skills



## **Breakdown of skill sessions covered throughout the technical mountaineering course (TMC).**

### **Movement Techniques:**

- Movement on rock in crampons
- Self-arresting (only introduced when we have 6 & 7-day participants joining)
- Front pointing
- Two axe climbing techniques
- Mixed climbing (rock and snow)
- Scrambling (un-roped travel)

### **Roped Movement Techniques**

- Roping up for ridge travel
- Simul climbing

### **Knots:** you will be taught throughout the course:

- Clove hitch
- Italian Hitch (Munter hitch)
- Girth Hitch (Larksfoot)
- Rethreaded figure 8 (used for tying into harness)
- Figure 8 on bight
- Overhand on bite
- Overhand rethreaded (used for joining ropes)
- Alpine butterfly
- Tape knot (water knot)
- Prussic – classic, klemheist & French wrap

### **Belaying methods**

- From harness
- From the harness with a redirect to the anchor
- Guide Mode
- Italian/Munter Hitch
- Body belay

## Abseil

- Self-protected abseil

## Anchors: 2 pt & 3 pt anchors

- Snow stakes – Vertical top clip/Vertical mid clip/Horizontal mid clip
- Snow bollard
- Bucket Seat
- Rock Anchors

## Pitching & Multi-pitch Climbing

- Gear & equipment needed for the route (rock and snow)
- Leading and placing runners
- Belaying and seconding a pitch
- Transitioning anchors/swapping leads
- Abseiling off a route
- Climbing with a third party member (*may not be delivered as a practical skill if numbers are even*)

## Glacier Travel & Crevasse Rescue

- Roping up for Glacier Travel
- Walking in glacier travel mode (interpreting terrain features and safe travel selection)
- Holding a fall (simulated falling into a crevasse)
- Building an anchor
- Transitioning the load
- Constructing a suitable haul system – Unassisted or assisted hoist
- Extracting your partner from the 'crevasse'