UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program

Spring 08 Schedule - Mountaineering Preparation

http://uoregon.edu/climbing/climb.html

Instructor: Michael Strong **Office:** 186 Esslinger (346-1048)

E-mail: mstrong@uoregon.edu **Office Hours:** Monday 3:00 - 4:50 & Tuesday 3:00 - 4:50

DATE	TOPIC	NOTES
M March 31	Introduction to Course Prusik and harness requirements	Text & packet at Bookstore Purchase prusiks & harnesses Readings pgs. 149-152, 364-367
M April 7	Clothing and equipment requirements Mountaineering equipment Knots for mountaineering	Readings page 18-42, 148-149, 307-314 Reserve crampons, ice axe and boots Readings page 136-148
M April 14	Rope handling #1	Bring harnesses and prusiks to class Readings pages 367-375
M April 21	Rope handling #2 Worksheet requirements	Map and compass worksheet
M April 28	Mountain hazards	Readings pgs. 338-354, 361-364, 471-476, 484-494
M May 5	Environmental impacts Fitness test (2 miles in 18 minutes) **WORKSHEETS DUE!**	Readings pg. 121-129 Bring running gear Boot fitting and crampon adjustment
M May 12	Outing preparation	

Fri. May 16 to Sun. May 18 - Mountaineering I Outing - Middle Sister

Meet at Gerlinger Annex Breezeway at 6:30 a.m.

M May 19	Outing debriefing and course evaluations	MANDATORY SESSION