Alpine Institute
AMTL 3B Itinerary

Curriculum

Advanced Free Climbing Skills

- Selection & use of personal equipment for advanced alpine climbing
- Development of speed climbing and speed transition techniques for long rock climbs
- Study of alternative belay techniques expedite anchor building and transitions
- Study of advanced belay station organizational skills and techniques
- Continued study of fall factors, rope and equipment specs, and how to minimize equipment wear on long exposed routes
- Development of speed climbing strategies for advanced alpine routes
- Practical application and study of both forced and unforced bivies on cliff faces
- Continued study and practice of rock climbing movement skills
- Continued development of mountain sense and the ability to follow a “line of weakness” on a mountain feature

Expeditionary Skills

- Planning and preparing for a large-scale backcountry expedition
- Continued training on the use of maps, compasses, GPS, and guidebooks
- Strategizing for multi-day “carry over” routes in a remote setting

Mountaineering Skills

- Review of glacial and ice structures
- Development of advanced technical protective systems in an alpine setting
- Advanced study of movement over complex alpine terrain

Objective Hazards Evaluation & Self Rescue Skills

- Continued study and practice of individual technical leadership skills
- Development of technical leadership strategies on complex terrain
- Technical & personal functions of individuals on an ascent: roles & responsibility
- Problem-solving: gathering appropriate data & assessment techniques
- Evolving leadership roles: individual leadership vs. collective decision making
- Large and small team expeditionary leadership strategy

Leadership Skills

- Evaluation & prediction of mountain weather patterns
- Introduction to the assessment of natural hazards
- Individual & team crevasse rescue techniques (the team will practice “the AMGA crevasse rescue drill”)
- Review of technical self-rescue skills on rock

Itinerary

The following is an example itinerary. This is subject to change due to weather, fitness, technical skill, road closures, wildfires, or a variety of other circumstances. All course material will be covered, it simply may not be covered in this order.
It is likely that participants will go out to dinner one to three times throughout the duration of the course.

Day 1:
Meet in Bellingham at 7:00 am at the American Alpine Institute office. Drive to Squamish. Participants on this course need to have a clean record and a passport to cross the border. Review single-pitch leadership and rock rescue techniques. Car camp.

Day 2:
Review multi-pitch techniques with an emphasis on transitional speed and efficiency. Practice in a “mini-pitch” environment. Continue to review rock rescue and to lead shorter routes. The focus of leading shorter routes will be leadership movement skills (i.e. placing gear while on difficult terrain while leading). Car camp.

Day 3:
Students will begin to lead longer multi-pitch routes with an emphasis on speed and efficiency. On day three, students will attempt at least one longer line. Tricky descents will be addressed as well as long multi-pitch rappels. Car camp.

Day 4:
The final day of multi-pitch practice will culminate in a “link-up.” Students will attempt to complete two long routes in a day. If there is sufficient interest, students will bivy “on-route.” Car camp or bivy.

Day 5:
Stop at a grocery store to resupply for the expedition portion of the trip. Pack for the backcountry and then drive to the trailhead. Make an approach to your initial camp.

Day 6-12:
The remaining portion of the trip will be planned during the first four days. During the expeditionary timeframe, climbers will have the opportunity to climb a number of remote peaks deep in the Bugaboos of the Canadian Rockies. Additional mountain skills will be covered between ascents during this portion of the training. All participants will have the opportunity to “take the sharp end” in both technical leadership as well as in group leadership.