



## TECHNICAL ROPE RESCUE - SELF RESCUE

Bellingham, WA

### PROGRAM ITINERARY

#### Program Details:

The Self Rescue portion of the Technical Rope Rescue will take place predominantly at Mt. Erie, a local crag, where we will work in steep and high-angle environments.

Participants will meet daily at **8am** at the American Alpine Institute. Most days will run from approximately **8am to approximately 5:30pm**. Classroom sessions will take place at the Institute.

Participants may choose to camp at Larabee State Park, located six miles from the Institute or to stay at a local hotel. The Institute provides transportation from our headquarters to your course climbing locations.

Temperatures at front-country steep and high-angle locations in the spring and summer will range from 50 to 80-degrees Fahrenheit.

#### Difficulty Grade:

Intermediate to Very Advanced

#### Program cost Inclusions and Exclusions:

**Inclusions:** Permits and access fees; Transportation during the course; Guide fee; Group technical equipment; Biffy bags.

**Exclusions:** Food costs; Personal equipment; Lodging costs; Personal health, Baggage and Trip Insurance; Transportation before and after your course dates, and from your place of lodging to our headquarters.

#### Itinerary:

##### Day 1 – Technical Self Rescue for Climber

Today will be a full field day. We will meet at **8am** at the AAI Equipment Shop and drive over to Mt. Erie where we will hike in and begin covering ground school techniques - self rescue knot pass, belay escapes, hauling systems (3:1, 5:1, 6:1), lowering systems (munter, tube-style device, assisted braking device), rope climbing systems, rappel systems (extended rappel, tandem rappel, counterbalance rappel), and multi-pitch transitions. Tonight you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.

## **Day 2**

Day Nine will be a fully dedicated field day. We will be covering practical applications in a high angle setting - self-rescue knot pass, belay escapes, hauling systems (3:1, 5:1, 6:1), lowering systems (munter, tube-style device, assisted braking device), rope climbing systems, rappel systems (extended rappel, tandem rappel, counterbalance rappel), and multi-pitch transitions. The day will end roughly around 5:30pm, in which case you will be free to debrief and head out.

### **Weather Options:**

The Cascades are a wet range, (Bellingham can be similar during the spring and fall) and a rescue team has to be prepared for wet conditions. However, sometimes rain and snow is a hindrance to the learning environment. This is especially true if everyone is cold and wet while trying to understand complex concepts. As such, this course has some poor weather options that will still provide participants with advanced level experiences in the event that the weather is too inclement to practice at Mt. Erie.