

Ice Climbing and Glacier Travel Course

The objective of the course is to build a solid foundation in terms of technical and safety knowledge. Acquire the individual techniques to climb in glaciated terrain. Obtain the technical knowledge to perform a self-rescue and get into ice climbing.

Contents:

- Basic concepts and technical jargon.
- Safety and equipment for ice climbing.
- Review of the safety chain.
- Energy dissipators
- Belaying techniques.
- Use of crampons. Classic technique.
- Front point technique, progression.
- Ice Protection.
- Snow and Ice anchors.
- Crevasse rescue.
- Glacier travel.
- Special safety tips while snow and Ice climbing

Course duration:

- Five full-day days in the field (morning and afternoon).
- Two theoretical classes (divided into the first two days).