

# Welcome to the Basic Mountaineering and Safety Summer Class



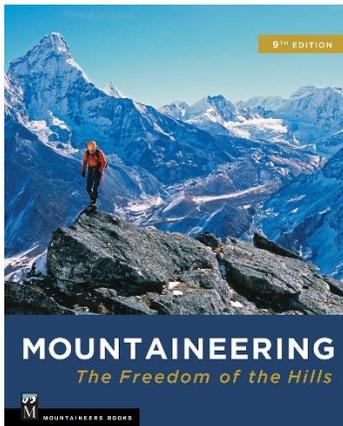
We hope you will learn a lot from the course and be able to safely enjoy the wilderness as much as we do!

The Tuesday evening sessions will begin promptly at 7:00 pm and cover a range of skills, some to be expanded on the next day in the practical exercises. The lecture portion of the class will end at approximately 8:30 pm, but sometimes we follow class portion with a presentation of mountaineering or with trip arrangements. There will be a 10-minute break. Sessions will involve lectures, power points, show and tell, and hands on activities.

The Wednesday evening sessions will depart at 5:00 pm from Pizza Factory and carpool to all activities to save on the wear and tear on the areas we will be traveling to and to cut down on the parking congestion. Wednesday sessions will be held in different locations, depending on the skill to be taught.

We understand that you may not be able to attend all the classes and weekend trips due to family vacations, travel, etc., but for the weeks you can attend the class, it is important to attend both the Tuesday and Wednesday sessions if possible. If you must miss a class, please try to let the head instructor or the registrar know the days you will be missing. Alcohol consumption during the sessions is prohibited. However, after the end of the last Wednesday class, we will be having a party and all beverages are welcome there\*.

*\*Only students and instructors 21 years of age and older will be allowed alcoholic beverages.*

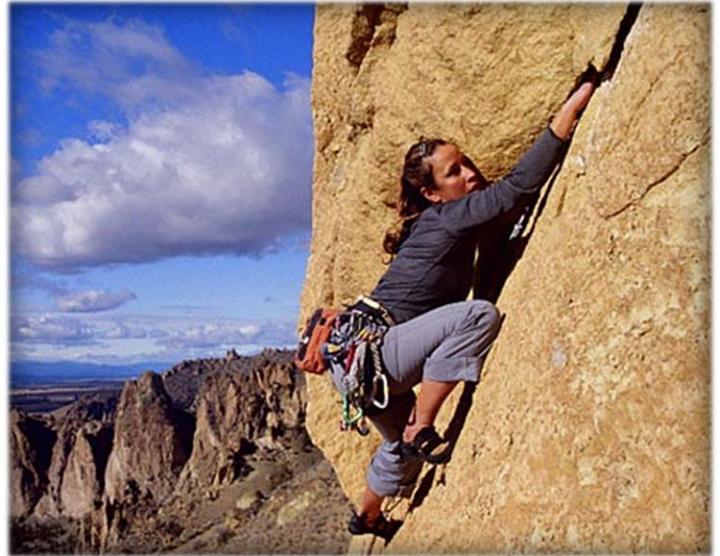


The course fee pays for the classroom rental fee, wilderness permits, class equipment and other class related costs. All students must have access to the text *Mountaineering: Freedom of the Hills* (8<sup>th</sup> or 9<sup>th</sup> edition).

There are helmets available for loan, but we encourage students to bring their climbing shoes and UIAA approved helmets, harnesses, and belay devices if they own them. If you have any questions about buying anything, please ask during class so everyone can benefit from the answers. There is an equipment list for the two weekend trips, but the leader of that trip will have a specific list based on location and forecast. You should be able to get by with minimal expense.

You need to be aware that seven weeks of lectures, practices and field trips DO NOT make mountaineers. The lectures will provide the basic knowledge you will need, but it can be only very basic due to the time limitations and the breadth of topics to cover. The fundamentals of rock climbing are taught because a large number of routes and peaks cannot be attained without the use of ropes and special equipment, and if you do not learn this skill a large portion of what is called mountaineering will be denied to you. But mature rock climbing skills and techniques cannot be attained in a few evenings. Finally, the day climbs and overnight climbs merely give you a chance to sample those basic things that you have learned in class.

So how does someone become a mountaineer? A class like this is only the first step. The second step is to climb, climb often, climb high, climb different routes, but most importantly climb with those who are more skilled, experienced and knowledgeable. This class provides the fundamentals, and for many of you that is all you are interested in. But for those who want to go on, you will learn best by doing and by doing it with people from whom you can continue to learn.



CLMRG has taught this class to the general public annually since the 1960's. There are many reasons for us continue to do so, of which three are paramount:

1. We have found that mountaineering can be an immensely rewarding activity, and we are anxious to help others discover the joys of the mountain experience and the satisfaction of physical fitness.
2. Many of the problems that people get into in the wilderness (that result in CLMRG being called) are due to ignorance, error, lack of experience, inadequate preparation or equipment. This class is meant to be a start toward building a foundation so that you can begin enjoying the mountains safely.
3. A few of you will become sufficiently motivated to apply to the CLMRG for membership to assist in mountain search and rescue. This class is the source of most of our new members.

CLMRG has an extremely active and varied year-round climbing schedule. While these are planned for our members to maintain skills, familiarization, and conditioning, anyone who is deemed capable is welcome to participate as a guest.



*The China Lake Mountain Rescue Group (CLMRG) has been chartered since 1958 as a 501(c)3 non-profit organization and is under the auspice of the Kern County Sheriffs' Department.*

*For more information see our web page at*

[CLMRG.ORG](http://CLMRG.ORG)