



## China Lake Mountain Rescue Summer Course - 2022

### **Week 1:**

#### **May 3 - Tuesday**

- I. Clothing (pgs. 17-27)
- II. Footgear (non-winter, non-technical) (pgs. 27-31)
- III. 10 Essentials (pgs. 34-41)  
Wednesday Pack Prep

#### **May 4<sup>th</sup> – Wednesday**

PCT Evening Hike

### **Week 2:**

#### **May 10 – Tuesday**

- I. Camping & Sleeping System (pgs. 46-55)
- II. Packs (pgs. 31-34)
- III. Knot: Figure 8 (pgs. 157-158)
- IV. Electronics in the Wilderness (pgs. 125-126)
- V. Food & Stoves (pgs. 62-70, 75-76, 78)  
Wednesday Prep

#### **May 11 – Wednesday**

Pack Check

#### **May 13-14**

Trailhead Camping and Day Hike

### **Week 3:**

#### **May 17 - Tuesday**

- I. Leave no Trace and Wilderness Access (pgs. 138-148)
- II. Knot: Water Knot (pg. 156)
- III. Wilderness Travel (pgs., 128-137, (extra 111-120 & 558-567))

#### **May 18 - Wednesday**

Pack Check

#### **May 20-21**

Low Elevation Overnight Hike

### **Week 4:**

#### **May 31 - Tuesday**

- I. Conditioning (pgs. 79-89)
- II. Mountain Weather (pgs. 548-557)
- III. Knot: Grapevine
- IV. Mountain Maladies (pgs. 505-521)

#### **June 1 – Wednesday**

Five Fingers Conditioning Hike

### **Week 5:**

#### **June 7 - Tuesday**

- I. Belaying (pgs. 172-185)



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- II. Basic Safety System (pgs. 150-171)
- III. Knot: Clove Hitch (pg. 159)
- IV. Rocking Climbing Technique (pgs. 224-251)

### **June 8 - Wednesday**

The Grill Climbing

### **June 10-11**

High Elevation Day Hikes

### **Week 6:**

#### **June 14 - Tuesday**

- I. Alpine Rescue (pgs. 522-537)
- II. Knot: Prusik (pg. 161)
- III. Rappelling (pgs. 202-222)
- IV. Snow Travel & Climbing (pgs. 330-365)

### **June 15 - Wednesday**

Fossil Falls Rappelling

### **Week 7:**

#### **June 21 - Tuesday**

- I. Ritter Banner
  - II. Leadership & Safety (pgs. 480 – 499)
  - III. Knot: Munter Hitch (pgs. 163 & 182-183)
- Wednesday Prep  
Weekend Prep

#### **June 22 – Wednesday**

The Grill Climbing

#### **June 23-24**

High Elevation Overnight Hikes

### **Week 8:**

#### **June 28 - Tuesday**

Skills Checklist Completion

Wednesday Prep

#### **June 29 – Wednesday**

Wagon Wheel Boulder and Party