



China Lake Mountain Rescue Summer Course - 2023

Week 1:

May 9 - 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 10 – Wednesday

PCT Evening Hike

Week 2:

May 16 – 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 17 – Wednesday

Pack Check

May 20-21

Trailhead Camping and Day Hike

Week 3:

May 23 - 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 24 - Wednesday

Pack Check

May 26

Low Elevation Night Hike

Week 4:

May 30 - Tuesday

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

May 31 – Wednesday

Five Fingers Conditioning Hike

Week 5:

June 6 - 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 7 - Wednesday

The Grill Climbing

June 10-11

High Elevation Day Hikes

Week 6:

June 13 - 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 14 - Wednesday

Fossil Falls Rappelling

Week 7:

June 20 - Tuesday

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

June 21 – Wednesday

The Grill Climbing

June 24-25

High Elevation Overnight Hikes

Week 8:

June 27 - Tuesday

Skills Checklist Completion

Wednesday Prep

June 28 – Wednesday

Wagon Wheel Boulder and Party