



## 1 Day Ice Climbing Introduction

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<b>ACMG Guide:</b>	Kris Irwin or Sarah Hueniken	
<b>Date:</b>	Dec. 16, 2011 or Jan. 13, 2012, or Feb. 10, 2012, or March 10, 2012	
<b>Departure:</b>	Meet at 8:00am at 302 Buffalo Street (across for the CIBC)	
<b>Returning:</b>	Around 5pm	
<b>Transportation:</b>	12-passenger van	
<b>Equipment:</b>	See Gear List below...	
<b>Food:</b>	Please provide snacks, lunch and a warm drink if you have a thermos	

**This program is sponsored by Parks Canada**

### Course Information

#### What is it?

Ice Intro is a one-day introduction to ice climbing – ascending frozen waterfalls! The Banff area has been the epicenter of modern ice climbing since the 1970's. We probably have the highest number of accessible waterfalls in the world and the area is known for consistently having good ice conditions from October to April. There are many areas where beginners can learn to climb; BanffLIFE groups will go to areas such as The Junkyards (near Canmore) and Johnson's Canyon, among others.

#### Who can go?

This course is appropriate for anyone who is interested in learning about the sport and no previous experience of any kind is required. All you need are some warm clothes, a little bit of gumption and a dash of courage!

#### Risk

All mountaineering and skiing activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and releases the guides and BanffLIFE of all liability in case of an accident.

#### Safety

Safety is our first priority on all BanffLIFE trips and courses. Instructors on all courses are members of the Association of Canadian Mountain Guides with the appropriate certification. These guides have gone through a rigorous training and certification process to ensure the trip is as safe as possible. Please listen and pay attention to the guides and follow their instructions. Safety equipment is provided and you are required to use it as instructed at all times. Whenever you are climbing you will be on "top-rope" – the rope will be above you so if you fall you're not going anywhere!



## **A Little about Banff**

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km<sup>2</sup> of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff National Park is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As new members of the Banff community, you are about to embark on your very own Banff National Park adventure. BanffLIFE is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!

## **Course Outline**

The following is what will be covered on your course:

- Discussion of risk and signing of the waiver
- Equipment familiarization and use
- Safety while climbing and belaying
- Tying into the rope
- Belaying
- Lowering
- Climbing technique

## **Gear List**

### **Clothing Systems**

- Bring lots of warm clothes!
- The clothing you use at the ski hill will work well but be aware that crampons and ice axes are sharp and can tear fabric easily.
- Layering works best for this stop and go activity. Plan on bringing several thin and medium layers rather than only a couple of thick ones.
- Synthetic fabrics should be chosen if possible, avoid cotton.
- Not everyone can be climbing all the time. Be prepared to be able to stand around in the cold while others are climbing.



Participants need to provide the following:

**Long underwear top and bottoms:** Wool or synthetic is best. Consider wearing a couple of thin layers.

**Pants:** Many climbers use pants made out of a soft shell fabric. Ski or snowboard pants will work fine as well. Be careful of tearing them with your crampons.

**Softshell or fleece jacket:** We like a hooded jacket, but it's not absolutely necessary.

**Insulated parka:** A thick insulated parka is great for when you are belaying your partner. Down filled or synthetic materials are both fine.

**Shell jacket:** A jacket that keeps the wind and wet out. Again, your ski or snowboard jacket should work fine.

**Hats:** You will be wearing a helmet all day so bring something that fits underneath. A balaclava is recommended if you have one.

**Gloves:** Bring warm ski-type gloves. A lightweight pair of gloves can also be brought for warm conditions. If you have mitts bring them too, for when you are waiting your turn to climb.

**Boots: You will need to provide your own full shank mountaineering boots (either your own or a rental pair).**

Boots may be rented at Mountain Magic (Banff), Wilson Sports (Lake Louise) or Gear Up (Canmore). Contact the BanffLIFE office to ask if there is a group trip to get rental gear for your course.

**Backpack:** You will be required to carry your own personal gear as well as some group gear.

### **Climbing Gear**

Other climbing gear will be provided for you.

### **Safety Equipment**

Avalanche safety equipment may be required for some objectives; BanffLIFE will let you know if that is required. The guides will carry rescue and first aid equipment as well as a radio and/or cell phone for emergency communications.

### **Other Stuff**

You need to provide the following:

Lunch and water

We recommend a thermos with a hot drink.

Sunglasses, sunscreen, sun block for your lips

Heat packs for your gloves come in handy

**Toilet kit** - There probably will not be toilet facilities at the climbing venue. It's best if you avoid defecating out in the field!