

AMS EXPEDITION QUESTIONNAIRE

NAME: _____ EXPEDITION 1st Choice: _____

Climbing expeditions in the Alaska Range can be a tremendous challenge even for those who have the mountaineering experience and attitude to enjoy the rigors of expedition life. A successful ascent is an incredible mountaineering achievement that should only be attempted after proper training and experience. To be eligible for an Alaska Mountaineering School expedition, participants must be in excellent physical condition and must have climbed mountaineering routes that require roped travel, winter snow camping, and the use of ice axe and crampons. All team members must have a good understanding of belaying, roped glacier travel, and crevasse rescue techniques. Everyone must be comfortable performing a self arrest with an ice axe. The following climbing knots should be familiar: figure 8 follow through and figure 8 on a bite, water knot, Prusik and Munter hitches. All members must be able to climb a 25-30 degree ice slope while wearing crampons and carrying a 60 lb. pack (27 kilos). Those who wish to join an AMS expedition should understand that while this is a guided expedition, it is imperative that each team member have the required mountaineering experience to draw from and be a team player. Alaska Range Expeditions are not the place to learn basic mountaineering skills, but it is an excellent place to practice them.

All expedition applicants must complete and return this Questionnaire along with the Application form. This information will help familiarize us with your mountaineering background. Please attach any supporting documentation such as a climbing resume or written evaluations.

- I have participated in a backpacking trip of 10 days or more: Yes No
 - When and where was your longest backpacking trip?
 - Number of days: _____ Number of miles covered per day: _____ Total miles covered: _____
 - What was your pack weight?
- I have spent 4 consecutive days snow camping: Yes No
 - When and where was your longest snow camping trip?
 - Number of days: _____ Number of miles covered per day: _____ Total miles covered: _____
 - What type of shelter did you sleep in?
 - What was your mode of travel (snowshoes, skis, on foot)?
- List any formal climbing instruction you have received, including the date and location. (Please send a copy of the written evaluation if available)
- I can travel confidently wearing crampons on inclined terrain while carrying a backpack weighing 60 lbs (27 kilos):
 - Yes, quite confidently Somewhat No, I have not traveled under such conditions.
 - What climbs have you done requiring the use of crampons and what year?
- I have practiced self-arrest within the last 2 years: Yes No If yes, when, where?
 - What climbs have you done requiring the use of an ice axe and what year?
- I have traveled roped on a glacier: Yes No
 - What climbs have you done requiring roped travel and in what year?
- Please describe any experience you have with crevasse rescue systems:
 - I have ascended a fixed line: Yes No If yes, when, where?
 - I have set up a z-pulley system: Yes No If yes, when, where?
- What is the highest elevation you have climbed and on what mountain?
- Do you have any health conditions or physical restrictions? If yes, please explain.

TRAINING

Please describe your expedition training program.

Number of days per week:

Length of time:

Aerobic training:

Strength training:

Climbs or training trips planned before the start of your expedition:

My past climbing experience includes the following:

Dates	Mountain	Route	Grade	Type	Elevation reached
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Sample:

Feb. 25, 2004	Longs Peak	Keyhole	III	alpine ice, some running pro,	Summit, 14,255'
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