

# Denali Skills Workshop



*Expedition members practice fixed-line ascension during a skills workshop.*

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## DENALI SKILLS REVIEW, 1-DAY WORKSHOP, TALKEETNA, AMS HEADQUARTERS

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Cost: \$150

Payment Due: 30 days prior to the starting date

Group size: 6 participants, 2 instructors

Cost Includes: Instruction, group climbing equipment

You are responsible for: Personal climbing equipment, meals, transportation and lodging.

Prerequisites: One day rescue skills workshops are intended for those currently enrolled on an AMS expedition.

### GENERAL

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The Denali Skills Workshop is intensive and reviews glacier travel techniques and crevasse rescue safety systems that will be used during your expedition that are particular to climbing in the Alaska Range. There are a lot of different ways to rig for glacier travel, as well as lots of ways to ascend out of a crevasse. AMS focuses 100% of its energy on climbing and guiding in the Alaska Range. Because of our knowledge of the peculiarities of climbing here, we have developed certain techniques that are specific to this terrain, of which will most likely be different from what you have learned elsewhere. We often adapt our techniques from season to season based on more and more Alaska Range experience.

The day starts with a climbing gear check and issuing any items you need for the workshop. Your instructor will insure you have your pack rigged, ice axe leashed, and the necessary hardware for your glacier rig. From there we move across the street to AMS' indoor climbing gym and simulate climbing out of a crevasse using ropes hanging from the ceiling. After fixed line ascension, we spread out on the lawn to review anchors, belaying, and roping up for glacier travel. We rope up and simulate belaying each other out of a perimeter camp and traveling on a glacier in proper formation. Rescue scenarios involving the middle and end person falling into a crevasse will be conducted using 3 and 4 person rope teams. This workshop is an excellent review for all expedition members and strongly recommended for anyone who has not practiced glacier travel and crevasse rescue techniques within the past few months or who may be new to the Alaska Range. This workshop can significantly reduce the amount of time spent reviewing skills in Basecamp at the beginning of the expedition.

### LOCATION

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We will meet at the AMS office in downtown Talkeetna at the end of 3<sup>rd</sup> Street. The class starts at 9:00 a.m. and ends at 6:00 p.m. Some groups walk into town together for a lunch break.

### EQUIPMENT

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Any AMS equipment you plan to rent or purchase for the expedition will be available for the workshop.

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|---|--|--|
| <input type="checkbox"/> Boots  | <input type="checkbox"/> Helmet  | <input type="checkbox"/> Mt. Ice Axe 60-70 cm                      |
| <input type="checkbox"/> Seat Harness                                     | <input type="checkbox"/> Water bottle and snacks                             | <input type="checkbox"/> Ice axe leash: 7' of 1/2" tubular webbing |
| <input type="checkbox"/> Clothing to keep warm and dry all day            |  | <input type="checkbox"/> Ascender and 6' waist sling               |
| <input type="checkbox"/> Gloves that you'll be using on the expedition    |  | <input type="checkbox"/> Chest Harness: 9' of 1" tubular webbing   |
| <input type="checkbox"/> Back Pack  |  | <input type="checkbox"/> Gear Sling: 6' of 1" webbing              |
| <input type="checkbox"/> Pack Leash: 8' of 6mm perlon                     |  | <input type="checkbox"/> Sled Haul: 8' of 1" webbing               |
| <input type="checkbox"/> Regular Carabiners: 9                            |  | <input type="checkbox"/> Foot Prussik: 7' of 6mm perlon            |
| <input type="checkbox"/> Locking "Pear" Carabiners: (large, wide gate): 3 | <input type="checkbox"/> Rescue/anchor cordelette: 12-18 feet of 6 mm perlon |  |