Start times are when the clients arrive for check-in. Guides are expected to be ready and available to help 30 minutes before the start time. Clients are not expected to be fully outfitted or ready to jump into the curriculum or adventure at this time.

COURSES

One Day Mountaineering Skills

This is an educational course with an indoor, classroom session followed by a practical skills session outdoors. Assume that the clients have minimal experience, if any at all. This course is focused on Mountaineering and winter hiking skills at an introductory level. **Technical climbing techniques are not applicable, including ice climbing or rock climbing.**

CURRICULUM: STARTS AT 9AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

**Classroom Curriculum:**
Equipment: Introduce common gear, its anatomy and its function.
- Ice Axes – Range from Mountaineering to Technical tools
- Crampons – Ice vs. Mountaineering and three binding systems
- Harness
- Helmet
- Headlamp
- Boots – Leather vs. Double Plastic. Integrated gaiter vs. non.

Clothing: Introduce Clothing and layering systems
- Upper body system
- Lower body system
- Footwear
- Handwear
- Headwear
- Eyewear

Packing: Proper packing techniques
- Pack dump: demonstrate and explain the packing process

Self Care: maintaining mental, emotional and physical health
- Body temperature regulation and its importance
- Medical concerns
- Nutrition
- Hydration
- Positive Attitude
Teamwork

Gear Check: Ensuring proper preparation and establishing a baseline for success
- Do a thorough gear check with each student
- Allow time for them to rent additional items to complete their kit

Skills Curriculum and Practical Session:
Traction: Discuss pros and cons of using traction and when to use each option
- Bareboot
- Microspikes
- Snowshoes
- Crampons

Uphill Crampon Technique: Explain the purpose of proper crampon technique. Different technique for different terrain
- Body Position – balanced vs unbalanced. Two points of contact.
- French Technique
- American Technique
- German Technique
- International (Hybrid) Technique

Downhill Crampon Technique: Pros and Cons of each technique.
- Plunge Step
- Quad Burner with toes pointed downhill
- Downclimbing

Ice Axe: different grips and uses for each
- Self arrest grip
- Self belay grip
- High dagger
- Low dagger

Self Arrest: Demonstrate and explain the purpose of self arrest – stopping an uncontrolled slide
- Facing up, feet downhill
- Facing down, feet downhill
- Facing down, head downhill
- Facing up, head downhill

Efficient Uphill Travel: Practice each technique; both uphill and downhill travel. Aim for variable but safe terrain.
- Rest Step – using our bone structure to support weight
- Rotating muscle groups – utilizing different techniques to maximize endurance
- Compression breathing

Arm Wrap Rappel: Introduce the arm wrap as a safe and efficient way to descend a steep section.

Common Locations
- North end of Cathedral Ledge
- Willey’s Slide
- Base of Whitehorse*
- Bottom of Sherburne Trail*
- Cranmore Mountain to lookers far left**
  *If conditions demand
  **Late season after the resort is closed for skiing
Two Day Mountaineering Skills

This is a two-day educational course with an indoor, classroom session followed by a practical skills session outdoors each day. Assume that the clients have minimal experience, if any at all. This course is focused on Mountaineering and winter hiking skills at an introductory level. **Technical climbing techniques are not applicable, including ice climbing or rock climbing.**

**CURRICULUM: STARTS AT 9AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Course curriculum from One Day Skills Course plus the following:**

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

**Classroom Curriculum:**
Knots, hitches and friction hitches for Mountaineering & Climbing: demonstrate and explain
Knots:
- Figure Eight Family: figure eight, on a bight, retracer or follow-through
- Fisherman’s: Single, double, triple
- Overhand
- Bowline
- Big Honkin Knot (BHK)
- Butterfly

Hitches: Must be around something to maintain integrity
- Clove
- Girth
- Munter
- Munter-Mule

Friction Knots and Hitches: Note two ropes need to have significant difference in diameter
- Prussik
- Kleimheist: note only hitch to use if your using webbing
- Autoblock

Knots for tying two ropes together
- Double Fisherman’s
- Flat Overhand

**Skills Curriculum and Practical Session:**
Anchor construction: Explain gear vs. natural anchors. Two-point vs. Three or more point anchors
- EARNEST and/or SERENE anchor construction: Discuss and demonstrate
- Gear for anchors (snow, rock, ice): Flukes, Pickets, Cams, Nuts, Screws, Etc.

Belaying: Discuss and Demonstrate belaying techniques and devices
- Belay devices: ATC, Figure Eight, Gri Gri, Other
- Top rope (BUS) with backup belayer
Belaying a leader
Top managed
Rappelling (use guide assisted rappel system for practice)
Unassisted with extension and backup
Fireman’s belay
Running Belays vs pitching it out: Discuss and demonstrate when to use each technique
Rope care: Discussion
Rope storage
Rope cleaning
Coiling a rope
Damage checkup

Additional Topics for consideration
Ascending a rope: Using friction hitches, ascenders, gri gri, other.
Haul Systems

Common Locations
The Bunkhouse
North end of Cathedral Ledge
Willey’s Slide
Base of Whitehorse*
Bottom of Sherburne Trail*
Cranmore Mountain to lookers far left**
*If conditions demand
**Late season after the resort is closed for skiing
This is a five-day educational course that combines indoor classroom time, practical outdoor skills sessions and a student-led climb. Assume that the clients have arrived with minimal experience, if any at all. This course is focused on preparing the client for expedition life, as well as giving them a solid set of skills from which they can build on. **This course is the perfect preparation for big mountain objectives including Mt. Rainier, Denali or other.**

**It is important to note, this outline is only a guide. Due to the length of this course, the goals of the participants and the weather can dramatically alter the timeline of events. Keep these in mind and create the best possible itinerary that still covers the outlined skills.**

**CURRICULUM: FIRST DAY STARTS AT 9AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Course curriculum from One Day Skills Course plus the following:

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

**DAY TWO**
Location: Grey Knob

Morning Objectives: Hike into Grey Knob or Harvard Cabin. ($20/person/night cash)

Afternoon Objectives: Knots, Hitches and Friction Hitches
See Two Day Skills Course for list

Evening: Brief discussion outlining the seven Leave No Trace principles. Assign one to each participant and allow them to explain or act out a scenario that demonstrates that principle.

**DAY THREE**
Location: Grey Knob or Harvard Cabin

Morning Objectives: Active protection techniques
Anchor Construction: See Two Day Skills for details
Snow Anchors: Demonstrate and practice
  Picket as a nail
  Picket as a deadman
Snow Bollard
Ice Screws
Belaying: See Two Day Skills for details
Rappelling: See Two Day Skills for details
Afternoon Objectives: Glacier travel techniques
   - Rope Team Travel
   - Running Belay
   - Pitching it Out
   - Mock Glacier Travel above treeline
   - Coiling Ropes

Evening: Hike out. Overnight at The Bunkhouse

DAY FOUR
Location: Willey’s Slide, Cathedral Ledge North End

Morning Objectives: Glacier Travel Continued
   - Organizing a rope-team
   - Spacing for glacier travel
   - Storing excess rescue coils
   - Crevasse Rescue & Hauls
     - 3:1 vs. 6:1

Afternoon Objectives:
   - Camp Selection & Construction
     - Discuss where a good placement for camp would be and considerations for objective hazards etc.
     - Demonstrate how to build a shelf for your tent, how to construct a kitchen and bathroom.

Evening: Planning session for Mount Washington climb

DAY FIVE
Client-lead climb to the summit of Mount Washington and down Lion Head to PNVC. Guides are there to offer advice and to supervise the climb. Guide maintains the decision making power to turn the group around or supersede the client decisions.
Glacier Travel & Crevasse Rescue: Essentials

This is a one-day educational course that combines indoor classroom time with an outdoor practical skills session. Assume that the clients have arrived with minimal experience, if any at all. This course is focused on preparing the client to be a competent client on a rope-team, as well as giving them a solid set of skills from which they can build on.

COURSE OUTLINE & CURRICULUM: STARTS AT 9AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
9am: Arrival, check-in, rental gear distribution, gear check
9am–3pm: Skills and practical session
4–4:30pm: Return to The Bunkhouse and collect rental gear

Skills Curriculum and Practical Session:
Knots & Hitches: Figure Eight family, Overhand on a bight, Butterfly, Clove hitch, Prussik hitch.
Organizing a rope-team
   Strongest in front, weakest in middle
Spacing for glacier travel
   Never have two members over the same crevasse. Dependant on glacier size.
   Spacing for 2-man, 3-man, and 4-man rope teams.
Storing excess rescue coils
   Stacked in pack, Kiwi coil
Practice travelling as a rope team
   Rope on downhill side, Transitions at corners, Maintain spacing
Crevasse Rescue & Hauls
   3:1 vs. 6:1 (emphasis put on 6:1)
Glacier Travel & Crevasses Rescue: Advanced

This is a two-day educational course that combines indoor classroom time with outdoor practical skills sessions. Our One Day Glacier Travel Course is a prerequisite to this course. This course is focused on training the client to become self-sufficient as a member of a rope-team, as well as giving them a solid set of skills from which they can build on.

**COURSE OUTLINE & CURRICULUM: STARTS AT 9AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

**DAY ONE**

**Classroom Objectives:**
- 15 minute review of the One Day Glacier Essentials Course
- Discuss how glaciers are formed, where to expect crevasses
- Route selection on a glacier

**Skills Curriculum and Practical Session:**
- Snow Anchors
  - Picket as a nail
  - Picket as a deadman
  - Ice Axe as a deadman
  - Snow bollard
  - Ice screws
- Protection techniques: Discuss and demonstrate running belays vs pitching it out
- Boot-Axe Belay, Hip belay, Munter belay for extra security over snow-bridges
- Rappelling
  - Extended device, autoblock back-up (guide controlled belay while they practice)

**DAY TWO**

**Skills Curriculum and Practical Session:**
- Drop C Crevasse Rescue System
- Ascending a rope as a victim
- Rappelling into a crevasse to administer first aid
- Applying a chest harness to victim
- Ascending the rope with ATC Guide out of a crevasse after first aid
- Long-term care for a crevasse rescue patient
  - First and secondary patient exam
  - Treat ABC’s and Bleeds
Burrito Wrap for Hypothermia
Monitor Vitals
Snowshoeing

This is a half-day “tour”. These folks are generally looking to get outside with a significant other or a friend and are not overly interested in learning all of the ins and outs of Winter hiking. This is all about the experience and little about skill development. Bring a camera to snap photos of the group.

Arrive with 2-3 plans in mind. One easy and flat, one a bit more ambitious like Willard and one advanced. Discuss the client’s goals for the day and assess their fitness level.

**COURSE OUTLINE & CURRICULUM: STARTS AT 10AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names.

**Adventure Outline:**
- 10AM: Arrive, introductions, gear check
- 11–2:30pm: Snowshoe
- 3pm: Arrival back at the Bunkhouse

**Common Locations:**
- “Around the Lake” Trail from Highland Center to “warm up” (optional spur to Red Bench).
- Assess their fitness levels on this section and decide to then take the Saco Lake Trail and then up to Elephant Head for great views, or to ascend Mt. Willard.
- Arethusa Falls
- Lost Pond Trail - Direttissima Trail back to Pinkham Notch
Winter Camping: Craft & Tips

This is an overnight educational course that includes an afternoon and a morning. This course is focused on giving the client a quality, below-treeline Winter camping experience, as well as giving them a solid set of skills from which they can build on. A large emphasis is put on location and overall experience so aim for a location that has views.

Arrive with a couple plans in mind. One location that is fairly easy to get to and one that is more remote. Discuss the client’s goals for the overnight and assess their fitness level.

**Regulations:** No Camping or fires permitted within 200ft of a trail or body of water. Above treeline, no camping unless on two feet of snow and no fires.

**COURSE OUTLINE & CURRICULUM: STARTS AT 12PM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names.

**Adventure Outline:**
- 12pm: Arrive, introductions, extensive gear check
- 1pm–3pm: Hike into camp location
- 3pm-5pm: Build camp and allow client to help. Demonstrate tips and tricks along the way.

**Skills Curriculum and Practical Session:**
- Camp site selection
  - Consider wind, terrain, water drainage, shelter, which way to face the tent etc.
- How to set up the tent
- Building walls around camp
- Building a kitchen
- Building a bathroom
- How to stay warm and comfortable - tips and tricks
- Melting snow for water
- Cooking
- LNT Principles

**Common Locations:**
- Cave Mountain - Bartlett
- Square Ledge - Pinkham
- Iron Mountain - Jackson
- Mount Surprise - Gorham
- 4th Iron Campground - Bartlett
- South Doublehead - Jackson
- Harvard Cabin (outside) - Pinkham
Wilderness Navigation

This is an educational course with an indoor, classroom session followed by a practical skills session outdoors. Assume that the clients have minimal experience, if any at all. This course is focused on providing map and compass skills at an introductory level.

IMPORTANT: Pre-plan the area you will be visiting and create a caltopo/avenza map on your phone of that area to be sure you know where you are at all times.

CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

Classroom Curriculum:
Introduce the topographical map
  Grid lines
  Contour lines
  Identifying a ridge vs a valley
  Orienting the map
  Scale
  Magnetic North vs True North and discuss declination
Introduce the Compass
  Using a map and compass together to take a bearing
Create a trip plan including:
  Starting location
  Bearing or trail name
  Distance
  Elevation
  Leg travel time
  Overall time
  End location

Skills Curriculum and Practical Session:
Head to the location you have mapped for your trip report.
Allow client to follow the trip plan using their map and compass with your supervision
Extra:
A brief description and short demo of Caltopo/Avenza

Common Locations
   Pinkham Notch
   Crawford Notch (Highland area)
   Boulder Loop Trail area
Introduction to Ice Climbing

This is a guided mountain adventure with an educational component. Assume that the clients have minimal experience, if any at all. This course is focused on teaching and developing sound climbing and belaying techniques for ice climbing at an introductory level. All Introduction to Ice Climbing courses are bottom-managed, top-rope climbing outings. Multi-pitch objectives are not permitted.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
- 8am: Arrival, check-in, rental gear distribution, gear check
- 9am–3pm: Top-rope climbing
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

Skills Curriculum:
Use of Ice Tools: Discuss and demonstrate proper use of ice tools
  - Gripping your ice tools
  - Swinging your ice tools
  - Good stick vs. bad stick
  - Reading the ice

Use of Crampons: Discuss and demonstrate proper use of crampons
  - Kicking and placing front points
  - Flatfooting
  - Engaging secondary points for balance and stability

Body positioning and movements: Discuss and demonstrate proper body positioning and movements.
  - Climb with your legs
  - Three points of contact
  - High tools
  - Wide base and even feet
  - Body position for stepping (butt out), swinging (hips in)

Belaying: Discuss and demonstrate proper belaying technique
  - Brake, Under, Slide (BUS)
  - Catching a climber

*If climbers are doing a second day, demonstrate and practice belaying a leader*
Tying into a Rope: Explain and demonstrate proper technique for tying into a rope
   Figure Eight Retracer (Follow through)
   Following the belay loop through tie-in points.
Placing and cleaning ice screws: Demonstrate and practice placing ice screws
   Proper procedure for cleaning an ice screw and draw
Demonstrate creating a v-thread and discuss the strength of ice (if time allows)

Common Locations
   North end of Cathedral Ledge
   Lost in the Forest: Frankenstein
   Tressel Slabs: Frankenstein
   House of Blue: Frankenstein
   Champney Falls
One Day Ice Climbing

This is a guided mountain adventure with an optional educational component. Assume that the clients have minimal previous experience; often one day of top rope climbing. Many have zero multi-pitch experience. This course is focused on providing a world-class climbing experience on easy to moderate terrain. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. **Typically, this is a multi-pitch climbing experience. However, some clients would prefer to top rope steep ice.**

**ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

**Adventure Outline:**
- 8am: Arrival, check-in, rental gear distribution, gear check
- 9am–3pm: Multi-pitch or steep ice top rope climbing
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

**Common Locations:**
- Mount Willard: One of many routes
- Frankenstein Standard Route
- Shoestring Gully
- Huntington Ravine: one of many gullies
- Parasol Gully - Dixville Notch
Two Day Ice Climbing

This is a guided mountain adventure with an optional educational component. Assume that the clients have previous experience but may not have experience following a leader. This course is focused on providing a world-class climbing experience over two days on easy to moderate terrain. Often, the difficulty of the climbs progresses from day one to day two. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. This is a multi-pitch climbing experience unless clients have no previous experience.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
8am: Arrival, check-in, rental gear distribution, gear check
9am–3pm: Multi-pitch climbing
3:30–4pm: Return to The Bunkhouse and collect rental gear

Common Locations:
Day one: Mount Willard: one of many various routes
Frankenstein Standard Route
Shoestring Gully

Day two: Huntington Ravine: one of many gullies
Parasol Gully - Dixville Notch
Amphitheater: Frankenstein
Three Day Ice Climbing

This is a guided mountain adventure with an optional educational component. Assume that the clients have previous experience but may not have experience following a leader. This course is focused on providing a world-class climbing experience over three days on moderate to difficult terrain. Often, the difficulty of the climbs progresses from day one to day two to day three. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. This is a multi-pitch climbing experience. Listen closely to the client’s goals for the three days and tailor the outings to meet their abilities and goals.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
- 8am: Arrival, check-in, rental gear distribution, gear check
- 9am–3pm: Multi-pitch climbing
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

Common Locations:
Day one: Mount Willard: one of many various routes
Frankenstein Standard Route
Shoestring Gully

Day two: Huntington Ravine: one of many gullies
Parasol Gully - Dixville Notch
Amphitheater: Frankenstein

Day three: Huntington Ravine: one of many gullies
Amphitheater: Frankenstein
Frankenstein Dracula
Cathedral Ledge
A climb of Mt. Washington is an all day affair. Clients will arrive at 7AM. Guides have the option of taking the Lion Head Winter Route or the Ammonoosuc Ravine Trail when weather permits. The “Ammo” is windier and has route-finding complications in a whiteout, the Lion Head trail has steep sections which are hard to mitigate the risk on when with a larger group.

**ADVENTURE OUTLINE & CURRICULUM: STARTS AT 7AM**
The curriculum below establishes the minimum standards.

**Adventure Outline:**
7am: Clients arrive. Check-in, rentals, and waivers.
8: Drive to the trailhead.
8:30: Begin the climb.

Keep the clients up to date on what to expect, how long the next leg will be and when they can expect a break. Travel for approx. 1 hour then a 15 min break. We take breaks at the Huntington Ravine Trail Junction, The Lion Head Winter Route Junction, Treeline, Lion Head, Split Rock and the Summit if ascending from the East.
1:30 - 2:30pm: Turn around time. (allow 3 hours to get back to the Tux trail before dark)
4:30-5:30: Arrival back at the Bunkhouse.

* Due to the time it takes for a successful summit bid, when with a group, guides may leave if client’s arrive more than 30 minutes late who have not called or answered the guide’s phone call. For private climbs, guide must wait 45 minutes for a late client and must call them to check in.
A climb of a 4000 footer is an all day affair. Clients will arrive at 7AM. In some instances the client has already selected a mountain and in others you will be in charge of selecting an appropriate objective. In the Winter, snowshoes are usually needed and should be part of your kit.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 7AM

The curriculum below establishes the minimum standards.

**Adventure Outline:**
- 7am: Clients arrive. Check-in, rentals, and waivers.
- 7:45: Drive to the trailhead.
- 8:30: Begin the climb.

Keep the clients up to date on what to expect, how long the next leg will be and when they can expect a break. Travel for approx. 1 hour then a 15 min break.
- 1:30 - 2:30pm: Turn around time.
- 4:30-5:30: Arrival back at the Bunkhouse.

* Due to the time it takes for a successful summit bid, when with a group, guides may leave if client’s arrive more than 30 minutes late who have not called or answered the guide’s phone call. For private climbs, guide must wait 45 minutes for a late client and must call them to check in.
A Winter Presidential Traverse is a serious guiding objective. Wind, snow, extreme cold, rough trail, whiteouts and more can turn a casual hike into a very serious situation quickly. You MUST be proficient at whiteout navigation and know the route well. Clients will arrive at 7AM, although we usually encourage them to arrive the evening before to do the gear check and car spot. If they do not come the night before, you will do this on the first day.

You must come prepared for an emergency night out on the ridge. Bring a tent even if you do not plan to use it. Crampons and microspikes are the tools for the job, however depending on conditions, snowshoes may be needed. Ice axe is required in the event of a bail out down Lions Head. Helmets are not required. A full whiteout navigation plan must be completed before the traverse and the route must be in Avenza on your phone. A 20m rope is required.

**IMPORTANT:** Gray Knob Cabin is $20/person cash. Please bring this with you. We pay for our clients to stay.

**NOTE:** We will often skip Madison and Adams summits as most folks cannot handle such a big day on day one (Valley Way - Madison - Adams - Gray Knob). Discuss this with your clients and decide if you want to try to tag them or not. A big day on day one could potentially wipe them out and they will not be able to complete the traverse.

**Adventure Outline:**

**DAY ONE**
- 7AM - Clients arrive. Check-in, rentals, and waivers, extensive gear check
- 8AM - Car spot at Highland Center and maybe Pinkham or Cog if resources allow.
- 10AM - Begin the climb to Gray Knob.
- 3PM - Arrival into Gray Knob, early bedtime

**DAY TWO**
- 3AM - Wake up and breakfast
- 4AM - Begin ascent to Edmands Col
- 10:30AM - Arrival at Mt Washington (if later, then you must bail to Pinkham or Cog)
- 3PM - Arrival into Highland Center

Keep the clients up to date on what to expect, how long the next leg will be and when they can expect a break. Travel for approx. 1-2 hours then a 15 min break.

*Sheltered emergency camping is found in Sphinx Col between Jefferson and Clay, a short distance (0.1 - 0.2) down the Sphinx Trail.*
This is an educational course spent in the field introducing the client to backcountry skiing. Assume that the clients have minimal backcountry experience, if any at all. This course is focused on the gear, skinning, avy awareness and backcountry ski skills at an introductory level. **Steep skiing and full tours are not the focus of this course. Minimal skiing and maximum skills to be taught. Assume the client has zero avalanche training and terrain choice should be out of avalanche terrain. Crampons and ice axe are not required.**

**ADVENTURE OUTLINE & CURRICULUM: STARTS AT 7AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**

Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

**Adventure Outline:**

- 7am: Arrival, check-in, rental gear distribution, gear check
- 8am: Gear introduction and basic avalanche rescue gear intro
- 9am–3pm: Backcountry ski instruction
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

**Skills Curriculum and Practical Session:**

Introduce the client to the gear

- Boots
- Bindings
- Poles
- Skis
- Avy Gear

Skinning Techniques

Transitions

Considerations for skiing in the backcountry

Layering for comfort

Basic avalanche awareness

**Common Locations:**

- Sherburne Trail - Pinkham
- Gulf of Slides Trail - Pinkham
- Cog - Crawford
- Doublehead - Jackson
Crescent Ridge Glade - Randolph
Backcountry Ski Tour

This is a ski tour fully customized to the skier’s abilities. Assume that the clients has some backcountry experience, but possibly not a lot. The client may or may not have avalanche training. Discuss this with them and choose appropriate terrain. Clients will have a wide variety of abilities so come to the day prepared with different options with a wide range of terrain. **Crampons and ice axe are required for steeper terrain. Avy gear and the knowledge to know how to use it is required by both guide and client when entering avalanche terrain.**

**ADVENTURE OUTLINE: STARTS AT 7AM**
The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember students names. Allow each student an opportunity to explain their goals and what they hope to gain from this course.

**Adventure Outline:**
- 7am: Arrival, check-in, rental gear distribution, gear check
- 8am: Avalanche rescue refresh and beacon check (if applicable)
- 9am–3pm: Backcountry ski tour
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

**Skills Curriculum and Practical Session:**
This course is mainly focused on the experience of a backcountry ski tour, however please work with the clients to increase efficiency, safety, and increase their knowledge and awareness.

**Common Locations:**
Cog - Crawford
Sherburne Trail - Pinkham
Doublehead - Jackson
Crescent Ridge Glade - Randolph
Gulf of Slides
Tuckerman Ravine
Ammonoosuc Ravine and Monroe Brook
ROCK CLIMBING

Introduction to Rock Climbing

This is a guided mountain adventure with an educational component. Assume that the clients have minimal experience, if any at all. This course is focused on teaching and developing sound climbing and belaying techniques for rock climbing at an introductory level. All Introduction to Rock Climbing courses are bottom-managed, top-rope climbing outings. Multi-pitch objectives are not permitted.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
- 8am: Arrival, check-in, rental gear distribution, gear check
- 9am–3pm: Top-rope climbing
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

Skills Curriculum and Practical Practice:
Use of Hands: Discuss and demonstrate proper use of hand grip techniques
  - Crimps
  - Slopers
  - Pockets
  - Pinches
  - Jugs
  - Jams

Use of Feet: Discuss and demonstrate proper use of your feet
  - Smear
  - Flagging
  - Edging
  - Jamming

Body positioning and movements: Discuss and demonstrate proper body positioning and movements.
- Climb with your legs - weight over your feet
  - Knee Drop
  - Stemming
  - Flagging
  - Layback
  - Mantle

Belaying: Discuss and demonstrate proper belaying technique
Brake, Under, Slide (BUS)
Catching a climber

*If climbers are doing a second day, demonstrate and practice belaying a leader*

Tying into a Rope: Explain and demonstrate proper technique for tying into a rope

- Figure Eight Retracer (Follow through)
- Following the belay loop through tie-in points.

Placing and cleaning cams, tricams and nuts: Demonstrate and practice placing protection

- Proper procedure for cleaning a piece and draw

**Common Locations**
- North end of Cathedral Ledge
- Square Ledge
- Echo Roof area at Whitehorse
This is a guided mountain adventure with an optional educational component. Assume that the clients have minimal previous experience; often one day of toprope climbing. This course is focused on providing a world-class climbing experience on easy to moderate terrain. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. Typically, this is a multi-pitch climbing experience. However, some clients would prefer to toprope steep rock.

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**Introduction:**
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

**Adventure Outline:**
- 8am: Arrival, check-in, rental gear distribution, gear check
- 9am–3pm: Multi-pitch or steep rock top rope climbing
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

**Common Locations:**
- Thin Air, Cathedral Ledge
- Upper Refuse, Cathedral Ledge
- Standard Route, Whitehorse
- Beginners Route, Whitehorse
- West Wall, Mt. Oscar
- Mt. Forist
- Henderson Ridge, Huntington Ravine
Two Day Rock Climbing

This is a guided mountain adventure with an optional educational component. Assume that the clients have previous experience but may not have experience following a leader. This course is focused on providing a world-class climbing experience over two days on easy to moderate terrain. Often, the difficulty of the climbs progresses from day one to day two. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. This is a multi-pitch climbing experience unless clients have no previous experience.

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The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
8am: Arrival, check-in, rental gear distribution, gear check
9am–3pm: Multi-pitch climbing
3:30–4pm: Return to The Bunkhouse and collect rental gear

Common Locations:
Day one: Cathedral Ledge or Whitehorse
Day two: Cathedral or Huntington Ravine
Three Day Rock Climbing

This is a guided mountain adventure with an optional educational component. Assume that the clients have previous experience but may not have experience following a leader. This course is focused on providing a world-class climbing experience over three days on moderate to difficult terrain. Often, the difficulty of the climbs progresses from day one to day two to day three. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. This is a multi-pitch climbing experience. Listen closely to the client’s goals for the three days and tailor the outings to meet their abilities and goals.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
8am: Arrival, check-in, rental gear distribution, gear check
9am–3pm: Multi-pitch climbing
3:30–4pm: Return to The Bunkhouse and collect rental gear

Common Locations:
Day one: Square Ledge
North end of Cathedral
Mt. Forist
West Wall, Mt Oscar

Day two: Thin Air, Cathedral
Standard Route, Whitehorse

Day three: Saigons, Cathedral
Toe Crack, Cathedral
Endeavor, White’s Ledge
DLM Memorial Route, Mt Forist
Pinnacle Buttress, Huntington Ravine
Learn To Lead Rock Climbing

This is an instructional and educational course. Assume that the clients have previous experience top-roping and following. This course is focused on providing a world-class educational experience. Providing feedback and constructive criticism to improve skills, ropework, technique and climbing ability is encouraged. **This is not a climbing experience although the client’s will lead some routes well below their grade and mock-lead routes at their grade, the main focus is on the skills needed to minimize risk while leading. Listen closely to the client’s goals for the day and tailor the outing to meet their abilities and goals.**

**ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

**Adventure Outline:**
- 8am: Arrival, check-in, rental gear distribution, gear check
- 9am–3pm: Leading instruction
- 3:30–4pm: Return to The Bunkhouse and collect rental gear

**Skills Curriculum:**

**Anchors:** Discuss and demonstrate how to build a variety of anchors.
- Equalized
- Angle
- Redundant
- No
- Extensions
- Strong
- Timely
  - Keep master point above you. Give yourself room to work.
  - Benefits of tying in with the rope v.s. PAS or sling.

**Placing Gear:** Discuss and demonstrate proper placement of cam, nuts and tri-cams
- Rock Quality
- Orientation
- Contact
- Kilonewtons
- Security
- Gear conservation

**Where and when to place gear:** Discuss and demonstrate the best places to place gear. Taking advantage of rests.
- Protecting yourself and your second.
- Protecting a ground fall
When to extend your draw
Rope Drag
Protecting against "zippering" of your gear
Where to anchor
Ground Anchors: there is a time and a place
Protecting your belayer and yourself when leaving an anchor.

Belaying: Discuss and demonstrate proper belaying technique
Feeding rope with ATC and GriGri
Catching a climber
Belaying from above in guide mode.
Lowering with ATC.

Rappelling with a back-up
Cleaning a Sport Anchor

Station Management

Common Locations
Rumney
West Wall, Mt. Oscar
Mt. Forist
Echo Roof area, Whitehorse
North End, Cathedral
This is a guided mountain adventure with an optional educational component. Assume that the clients have minimal previous experience or none at all. This course is focused on providing a world-class climbing experience on routes that match the client's abilities to provide a challenge but still set them up for success. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged.

ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

Introduction:
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

Adventure Outline:
- **8am**: Meet clients at the main parking lot at Rumney. Be sure to bring appropriate rental gear.
- 9am–3pm: Sport climbing
- 3:30–4pm: End of day
This is a guided mountain adventure that focuses on the experience of climbing a NH classic and little on skill development. Please arrive with a few options in mind: One easy, one intermediate and one advanced. Knowledge of the history of the routes is a big bonus for the client’s experience. Assume that the clients have minimal previous experience; often some top rope climbing or a few multi-pitch routes. This course is focused on providing a world-class climbing experience. Providing feedback and constructive criticism to improve technique and climbing ability is encouraged. **This is a multi-pitch climbing experience.**

**ADVENTURE OUTLINE & CURRICULUM: STARTS AT 8AM**

The curriculum below establishes the minimum standards. If time allows and students are interested we encourage you to expand on topics and techniques and/or introduce additional material.

**Introduction:**
Introduce yourself and take whatever measures necessary to remember participants names. Allow each participant an opportunity to explain their goals and what they hope to gain from this course.

**Adventure Outline:**
- **8am:** Arrival, check-in, rental gear distribution, gear check
- **9am–3pm:** Multi-pitch rock climbing
- **3:30–4pm:** Return to The Bunkhouse and collect rental gear

**Common Locations:**

**Easy - Intermediate**
- Standard Route, Whitehorse Ledge, 5.5
- Upper Refuse, Cathedral Ledge, 5.5
- Henderson Ridge, Huntington Ravine, 5.4
- Thin Air, Cathedral Ledge, 5.6
- Funhouse, Cathedral Ledge, 5.7
- Endeavor, Whites Ledge, 5.7
- Sliding Board, Whitehorse Ledge, 5.7
- Sea of Holes, Whitehorse Ledge, 5.7

**Advanced**
- Whitney Gilman Ridge, Cannon Cliff, 5.7
- Moby Grape, Cannon, 5.8
- Inferno, Whitehorse Ledge, 5.8
- Recompense, Cathedral, 5.9
- Hotter Than Hell, Whitehorse Ledge, 5.9
- Diedre, Cathedral Ledge, 5.10
- Book of Solemnity, 5.10a
- Pinnacle Buttress, Huntington Ravine, 5.7-5.8
RAPPELLING

Waterfall Rappelling

This is a day “tour”. These folks are generally looking to get outside with a significant other or a friend and are not overly interested in learning all of the ins and outs of rappelling. This is all about the experience and little about skill development. We like to run this program the exact same way every time.

ADVENTURE: STARTS AT 9AM

Introduction:
Introduce yourself and take whatever measures necessary to remember students names. Allow each participant to introduce themselves to the group.

Adventure Outline:
9am: Arrival, check-in, rental gear distribution, gear check
9:30am: Watch the Intro to Rappelling video
9:45am-10:15AM: Rappelling instruction on the shed.
10:15am–2:30pm: Waterfall Rappelling at Ripley Falls
2:30PM-3PM - Arrival back to the bunkhouse

Adventure Outline:
Introduce the gear, properly fit the gear to them and do a proper gear check. Make sure everyone has a warm layer for when they get wet!
- Show them the instructional video and give folks one last chance to rent a wet suit.
- Complete a thorough training session on the shed and introduce them to the gear they will be using.
- Caravan to the trailhead and encourage carpooling.
- Helmet and harness are put on at the car.
- One guide in lead and one guide in the back on the approach.
- One guide can lead across the river and one can help people across by standing in the middle.
- Show clients where to put their stuff neatly at the bottom of the cliff.
- Point out where their rappel will end and how to exit the water.
- Bring clients to the top of the waterfall and keep them well away from the edge.
- Give the group a safety talk including staying out of the water on top, keeping 40ft away from the edge unless on rappel or on the tether, where they can use the bathroom, staying on durable surfaces to decrease our impact.
- Rescue rope remains at the ready, uncoiled, at the top of the falls.
- While setting up anchors, guides must be on a tether near the edge. We are setting an example and keeping you safe.
- Rappelling anchors should be BOTH big boulders on top of the falls. All anchors must be ERNEST or SERENE.
- Rappelling ropes must be attached to the anchor with a munter-mule set up to keep rescue options open.
- All rappels must be backed up by an autoblock AND a fireman’s belay. If a fireman’s belay is not possible due to lack of a second guide, you must employ the guide assisted rappel with a back-up belay rope.
- All carabiners used should be locking carabiners!
- Double check all knots, carabiners and harnesses before anyone rappels!!
- Remind them of proper rappelling form with wide stance, two hands on the brake strand, and all weight in the harness. Point out the correct line and remind them to stay away from the slippery rocks on rappellers left.
- Rappel ropes are not allowed to touch the rock on the edge! Edge protectors MUST be used.
- Client must be attached to the tether when walking from their waiting area to the rappel station.
- If a client wants to take photos, they must be anchored to something.
- The guide at the bottom has an easy but important job. Congratulate them, coach them on what they can do better next time, show them how to take themselves off rappel, show them how to get back to the top of the cliff, and most importantly stay vigilant and be ready to provide a fireman’s belay at all times.
- The bottom guide should keep a first aid kit with them to patch up scrapes and cuts!
- Encourage everyone to rappel at least 3 times or until time runs out.

NOTE: If the water is too high to safely carry out the activity, explain to them the perils and why we cannot rappel, and let them know they can reschedule free of charge or direct them to Corey or Brett to get it squared away.
Cliff Rappelling

This is a day “tour”. These folks are generally looking to get outside with a significant other or a friend and are not overly interested in learning all of the ins and outs of rappelling. This is all about the experience and little about skill development. We like to run this program the exact same way every time.

ADVENTURE: STARTS AT 10AM

Introduction:
Introduce yourself and take whatever measures necessary to remember students names. Allow each participant to introduce themselves to the group.

Adventure Outline:
10am: Arrival, check-in, rental gear distribution, gear check
10:30am: Rappelling instruction on the shed.
11am–2:30pm: Cliff Rappelling at Square Ledge
3PM - Arrival back to the bunkhouse

Adventure Outline:
Introduce the gear, properly fit the gear to them and do a proper gear check. Make sure everyone has a warm layer, water, snacks etc.

- Complete a thorough training session on the shed and introduce them to the gear they will be using.
- Helmet and harness are put on at the car.
- One guide in lead and one guide in the back on the approach.
- Show clients where to put their stuff neatly at the bottom of the cliff.
- Bring clients to the top of the cliff and keep them well away from the edge.
- Give the group a safety talk including keeping 30ft away from the edge unless on rappel or on the belay, where they can use the bathroom, staying on durable surfaces to decrease our impact.
- While setting up anchors, guides must be on a tether near the edge. We are setting an example and keeping you safe.
- Rappelling anchors should be two healthy trees or 4+ piece gear anchors. All anchors must be ERNEST or SERENE.
- Rappelling ropes must be attached to the anchor with a munter-mule set up to keep rescue options open.
- All rappels must be backed up by a guide-controlled belay rope.
- Belay devices do not need to be extended and do not require a friction hitch, instead use a belay back-up.
- All carabiners used should be locking carabiners!
- Double check all knots, carabiners and harnesses before anyone rappels!!
- Remind them of proper rappelling form with wide stance, two hands on the brake strand, and all weight in the harness. Point out the correct line.
- Client must be on belay when walking from their waiting area to the rappel station.
- If a client wants to take photos, they must be anchored to a solid anchor.
The guide at the bottom (if applicable) has an easy but important job. Congratulate them, coach them on what they can do better next time, show them how to take themselves off rappel, show them how to get back to the top of the cliff, and most importantly stay vigilant and be ready to provide a fireman's belay at all times.

- The bottom guide (if applicable) should keep a first aid kit with them to patch up scrapes and cuts!
- Reassure and calm nervous clients.

Start with a short, easy rappel, then move to the lower angled main face for 2-3 rappels. Follow that up with a rappel down the chimney and finished with 1-2 rappels on the Brain (free rappel). With 2 clients, you may be able to turn the main face into a multi-pitch rappel for the fun of it.

Bring the static waterfall rappelling ropes to rappel on or a 70m climbing rope. A 8mm half rope for belaying will work.