

NSP Women's Clinic: "MOUNTAIN TRAVEL & RESCUE Clinic"

New Hampshire Region NSP Women's Program is offering the following program in January 2018

"Rope Low-angle Rescue and Safe backcountry travel practices"



When: 8 am to 5 pm. January 28th, 2018

Where: Ragged Mountain Ski Resort

Class Limit: 12.

Description: This NSP MTR-C Program is a one-day **CLINIC** reviewing the basics of Knots and Anchors commonly used in the backcountry as well as Emergency Rescue Techniques (low angle rescue) to Women NSP members and non-members. The day will begin with indoor classroom work reviewing knots and anchors and setting up low angle rescue setups. We will then take these skills into the field in the afternoon while performing backcountry travel practices. This is a "part one" of two Women's programs for the NH NSP Region for 2018. This course is offered to both Women NSP and Non-NSP members to enhance their knowledge of Rope work and Low Angle Rescue techniques along with safe travel practices in the backcountry. Since knots, anchors and low angle rescue are "perishable" skills; this course is considered an introduction to these skills with experienced instructors in a safe, fun and comfortable environment.

Equipment: Field exercise will require AT ski gear with skins or Tele gear with skins. Alternatively, you can use snowshoes for transportation. You will need a daypack for carrying personal gear for day travel in the backcountry and snacks and hydration. Your own "personal protection equipment" including winter clothing appropriate for cold January day (layers, no cotton), eye protection, gloves, hats, hiking poles will be useful. We will spend approximately 4-5 hours in the field environment so please make sure you are familiar with and bring the "Ten Essentials."

http://www.mountaineersbooks.org/Assets/ClientPages/zz_TenEssentials.aspx

We will be working from the 2nd edition of the Mountain and Travel Rescue Text Book. While it is not mandatory to purchase this textbook, it is recommended that you consider purchasing this textbook for the course to review the three topics (rope work, low angle rescue, and safe backcountry travel practices). Chapter 8 and 10. Appendix A (knots and anchors).



Books available for sale online in print and electronic formats:

<http://www.mountaineersbooks.org/Mountain-Travel-Rescue-P994.aspx>

<https://www.amazon.com/Mountain-Travel-Rescue-National-Patrols/>

If you are interested in this course and if you know anyone who may be interested in this course, please pass this information on! Any other questions, please ask! We look forward to hearing from you! See you at Ragged Mountain Ski Resort in January!

Here are additional FAQ's about this CLINIC:

The following is not intended to answer every possible question so if you still have any questions please feel free to ask:

Class Theme? Safety and hands on.

Instructor of Record (IOR):

Deborah A. Brown "Deb"

dabsalem@comcast.net Best Contact Method

617-257-4590 ok to leave a message. Text ok.

Schedule? This will be forwarded one week prior to the course start date.

Camera? Yes, please bring your camera and please take lots of pictures.

Food and Water? You will be expected to feed and hydrate yourself throughout the day until you leave Sunday at 5 PM.

I plan to eat a good breakfast before arriving at class Sunday. I'll have "pocket food" and travel water for eating and drinking on the go all day in the field Sunday. I plan to have a cold "brown bag" lunch.

Clothing? Plan on dressing in layers as we will start in the classroom with lightweight clothing. The field exercise clothing should include layers of winter backcountry attire. For the field exercises, you should wear comfortable winter clothing suitable for a cold winter day in January. Appropriate AT or Tele

boots, or hiking boots, gators, protective eyewear, gloves, and suitable clothing to skin or snowshoe to the summit of Ragged Mountain.

Navigation Tools? Not required.

Rope, Anchor, Low Angle Rescue Gear? Not Required.

Personal Equipment? A small First aid kit, walkabout lighting (LED headlamp), spare batteries, walkabout pack for food/water/clothing/tools, and as much else as you may need to be comfortable for a day outside

Directions? Use a map, use www.mapquest.com, etc.. Destination is

Ragged Mountain Ski Resort: <http://raggedmountainresort.com/>

Parking? A location in the guest parking lot will be made clear.

Misc? If you have a doubt about something, bring it and leave it in the vehicle that's just minutes rather than miles away.

No question is beyond my interest to make this a safe, hands-on experience for you and your classmates. So please ask at any time, but better sooner than later.

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