Ice Climbing Topics – Ouray and Local

Safety Practices
- Helmet use
- Stay away from base
- Helmet to helmet check
- Prusik line

Philosophy
- Low impact
- Process verses product

Gear intro
Ice Tools:

- Adz
- Pick
- Handle
- Ferrule
- Spike

Crampons - Assign and fit
Clothing – layering plus “belay layer” or really warm layer over top.
Climbing ropes – kern mantel construction
Ice screws, ice anchors and rock anchors

Grading and difficulty
- Grade 1 through 6
- Ice rating - WI 1 through 7

Climbing
- Knot instruction: Retraced figure eight, figure eight on a bite, water knot, prusik and clove hitch
- Top rope belay instruction
- Anchoring and climbing instruction is ongoing
- Technique demo: 10 point & Front point techniques

Setting anchors on ice:
- Gear
- Load Sharing and directional considerations
- Multiple anchors
- Anchor evaluation

Lead climbing discussion:
- Equipment placement
- Run-outs
- Lead fall discussion and no fall ethic in ice climbing
- Following and cleaning gear
- Set top rope and climb
- Belay instruction

Upon completion of climbing:
- Anchor removal
- Rope coiling demonstration
- Process activities
- Evaluation

Ice Climbing Ouray
Another premier challenge and learning opportunity, Ice Climb Ouray is the perfect opportunity to get started with this incredible sport or to get out and hone your skills. Experienced staff provide expert safety and instruction. You can’t beat the local lodging for convenience, comfort and hot tubbing. Transportation, gear, warm clothes and instruction is included in the price. Please make your own lodging arrangements.

Ice Climb I & II
8am-2pm Trailhead
Ice climbing is great fun and here in Denver we are just 20 minutes from good ice! What other big city can make such a claim? Ice I and II can be taken together or separately (you don’t have to sign up for both). We will practice belaying and climbing techniques both days. We have the technical gear. Please bring boots, warm clothes, lunch and a liter of H2O.