

Greetings from International Mountain Climbing School (IMCS) and International Mountain Equipment (IME) The winter of 2007/2008 marks the thirty-fourth year that we have offered comprehensive climbing instruction and retail services for climbers from New England and around the country. Our climbing programs are open to people of "**All ages, All abilities, All the time**".



Our mission is to provide every climber with a safe, enjoyable and worthwhile climbing experience. Our long-term goal is to run a friendly, personal guide service that you will return to year after year. It's a job and a passion that allows us to share the excitement of climbing and the mountain environment with you. Along the way we will help you build skills and gain experiences that will make you a better climber and mountaineer. We thank you for making us a part of your **High Ambitions** and look forward to sharing time in the mountains with you.

Three-Day Basic: Alpine Mountaineering Skills Course

This is our most popular winter course. Each winter and spring we teach at least forty of these courses. Each course is different but we stick to a classic curriculum of fundamental skills. We have at least one group course going out every weekend with many other privately arranged programs spread throughout the course of the winter season. Check out the course photo gallery for a visual idea of what we do and where we go.

Efficiently climbing moderate snow and ice terrain along with lightweight and low impact winter camping skills is the focus of this three-day course. It is a comprehensive introduction to basic alpine mountaineering skills. No previous climbing experience is required for registration but participants should be prepared for a challenging experience. You will spend most of your time learning to use your crampons and ice axe properly. Other components of instruction include ice axe self-arrest, ice climbing, snow climbing, snow & ice anchors, glissading, avalanche hazard awareness and an ascent of Mt. Washington on the final day of the course.

Our goal is to help you become a responsible and self-sufficient winter mountaineer. Taking this course will provide a solid first step for climbers interested in climbing the greater mountain ranges of the world. The course outline is flexible and dependent upon the weather, ground conditions and abilities of the participants.

If you are able to schedule your arrival for the day before the course starts please come by the office and get outfitted early. This will save valuable time and will allow you to spend more of the first day in the field.

Dates: December 28-30; January 4-6; January 18-20; February 1-3; February 15-17;
February 19-21; February 22-24; March 7-9; March 21-23, March 28-30; April 4-6

Cost: \$400 (group of four); \$450 (group of three); \$535 (group of two); \$700 (private)

**all prices per person*



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It is Time to Climb!

Course itinerary

Day 1:

- Meet at IME for equipment check and gear fitting
- Travel to Crawford Notch (Willey's Slide)
- Learn how to use crampons (French, International and Front pointing techniques)
- Learn how to use an ice axe and the very important skill of self-arrest.
- Learn to use the ice axe and crampons together to ascend a moderate multi-pitch ice climb



Day 2:

- Meet at IME 8:00am for pack up and gear check
- Carpool to Pinkham Notch. Hike up to campsite in Tuckerman or Huntington Ravine. Discuss campsite selection and low impact camping techniques.
- Snow anchor and snow belay clinic
- Avalanche awareness and avalanche transceiver use
- Dinner, tall tales, and bed.

Day 3:

- Get up early!
- Ascend Mt. Washington with option of climbing a technical gully.
- Descend, break camp and return to IME by 5:30pm

Components of Instruction

1	Proper use of ice axe in piolet canne position, how to swing the ice axe, how to use a leash on an ice axe
2	Proper use of crampons using the French, International and Front pointing techniques
3	Waterfall ice climbing (low angled, moderate)
4	Snow climbing
5	Roped travel techniques
6	Snow & ice anchors
7	Winter camping skills
8	Avalanche awareness
9	Ascent of Mt. Washington

Useful links to help you get prepared for the course:

Mt. Washington Current Conditions – http://www.mountwashington.org/weather/conditions.php
Mt. Washington Current Conditions - http://weather.noaa.gov/weather/current/KMWN.html
North Conway Weather Forecast http://www.mountwashington.org/weather/valley_forecast.php
Mt. Washington Summit Forecast - http://www.mountwashington.org/weather/summit.php
USFS Avalanche Bulletin - http://www.tuckerman.org/avalanche/index.html
Winter gear list: - http://ime-usa.com/imcs/winter/winter_gear.html

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Gear List

Clothing

<input type="checkbox"/>	Long Underwear - First layer and the most basic item in the layering system. Bring a combination of different weights. Zip t-necks ventilate nicely. You want to be able to stack these layers if necessary.
<input type="checkbox"/>	Fleece Pants - Full Side Zips make it much easier and faster to cool off or warm up. Lightweight pants work best if you plan on using them while hiking or climbing. This serves as the 2nd layer on your legs.
<input type="checkbox"/>	Pile Bibs - Functional alternative for long cold days or extended outing such as Aconcagua, Denali or a Presidential Range traverse with very cold temperatures. This also serves as a 2nd layer for legs and top.
<input type="checkbox"/>	Fleece Jacket - More comfortable and functional than a wool sweater. Weight will depend on other items in your layering system. Large pockets are valuable. 2nd layer. IMCS guides choice for this layer is the Wild Things Epic jacket manufactured right here in North Conway.
<input type="checkbox"/>	Storm Parka & Pants - These are your Gore-Tex (or equivalent) shells. Must fit comfortably over underwear and fleece layers. Underarm zips are recommended. Pants should have side zips. Know how to adjust hood. This is generally considered to be your 3rd layer.
<input type="checkbox"/>	Expedition Parka - Valuable around camp, during a storm or on a summit day. Compression stuff sack reduces bulk and saves space in your pack.
<input type="checkbox"/>	Fleece vest - Fits well over underwear top and under pile jacket. Optional but useful.
<input type="checkbox"/>	Hats - watchcap, balaclava (thin & expedition weight recommended) and headband. Thin polypro balaclavas work surprisingly well.
<input type="checkbox"/>	Gloves / Mittens - Liner gloves, ski gloves, and expedition style mitten with shell. An extra pair of insulated gloves is a good idea for a longer trip.
<input type="checkbox"/>	Goggles & Sunglasses - It's nice to be able to see where you're going. Store in a case or small stuff sack to prevent scratching. Keep clean.
<input type="checkbox"/>	Face Mask - Neoprene. Above timberline temperatures and winds can make for a severe arctic environment

Technical Gear

<input type="checkbox"/>	Ice Axe - 70cm mountaineering axe
<input type="checkbox"/>	Crampons - Flexible or rigid. Step-in binding works best.
<input type="checkbox"/>	Harness - Get one with adjustable leg loops
<input type="checkbox"/>	Helmet - You will only need a helmet on the first day of the course
<input type="checkbox"/>	Snowshoes - Select a pair for your size and general use
<input type="checkbox"/>	Shovel - We will take at least one for digging in at camp and for getting snow to melt water
<input type="checkbox"/>	Day Pack - 2,500 cu. in. - For the first day of the course which is a day trip
<input type="checkbox"/>	Expedition pack - 5,500 cu. in.+ . Fill one up and try for fit. Internal frame packs work better for really heavy loads while frameless packs carry 50 lb. loads comfortably.

Essential Personal Gear

<input type="checkbox"/>	Toiletries - toothbrush, toothpaste, baby wipes
<input type="checkbox"/>	Chemical Hand Warmers - 3 pair
<input type="checkbox"/>	Sun Screen - (SPF 15+)

Footwear

<input type="checkbox"/>	Double Plastic mountaineering boots - The goal is a comfortable, well-fitting boot to keep your feet warm and dry. Fit is also very important to reduce the occurrence of blisters or "boot bang".
<input type="checkbox"/>	Gaiters - Alpine-style or supergaiter. Historically, this is one of the most overlooked items by climbers taking our courses or going on our trips. Put some time into making sure you have gaiters that fit over your mountaineering boots properly. Check velcro, metal buckles and zippers.
<input type="checkbox"/>	Liner Socks – Lightweight polypro or silk. Bring two pair.
<input type="checkbox"/>	Mountain socks - Heavy wool or wool/synthetic blend. Bring two pair.
<input type="checkbox"/>	VBL socks - vapor barrier liners. Optional. Keep socks and boots dry; work great when it's really cold; make feet smell.

Camping Gear

<input type="checkbox"/>	Winter Sleeping Bag - Count on getting a bag rated from -10 to -30 degrees (F) for use in the White mountains in winter
<input type="checkbox"/>	Compression Stuff Sack - reduces the bulk of your sleeping bag so you can get it in your pack easier.
<input type="checkbox"/>	Vapor Barrier Liner - Optional. Will help keep your bag cleaner and drier while adding warmth.
<input type="checkbox"/>	Sleeping Pad - Therm-a-Rest pads are warmer and more comfortable. Ridge-Rest pads and other foam pads are good enough and much lighter.
<input type="checkbox"/>	Pee Bottle - Make sure it is a different size and/or shape than your water bottles.
<input type="checkbox"/>	Insulated Mug & Lexan Spoon - Put your initials on both

Essential Personal Gear

<input type="checkbox"/>	Headlamp With Extra Battery - If you don't bring it you will surely need it.
<input type="checkbox"/>	Two Water Bottles & Water Bottle Parkas
<input type="checkbox"/>	Swiss Army Knife
<input type="checkbox"/>	Lighter
<input type="checkbox"/>	Stuff Sacks - keeps items separated and easy to find on the trail or in the tent.
<input type="checkbox"/>	Lip Balm - lips take a beating in the winter and can be the source of much discomfort if not taken care of.

Optional Personal Gear

<input type="checkbox"/>	Camera	<input type="checkbox"/>	Ski Poles - 3 section collapsible models recommended
<input type="checkbox"/>	Booties	<input type="checkbox"/>	Thermos - for tea/hot chocolate
<input type="checkbox"/>	Altimeter Watch – helps forecast the weather and assist with navigation when visibility is limited.		

Deposits & Payments

A \$100 deposit is required for all multi-day reservations. Single day programs require a \$50 deposit. The balance will be due at the start of the course or day of instruction. Payments and deposits may be made by credit card (VISA, MasterCard, or American Express), check, or cash. Courses and clinics offered during Women's Rock Day and the Mt. Washington Valley Ice Festival require a deposit for the entire cost of the program at time of registration.

Cancellation & Refund Policy

If you must cancel your reservation for any reason please give us as much prior notice as possible. A full refund of deposit will be given for cancellations made at least two weeks prior to the start of the course/instruction. If cancellation is made one week or less before the course we will apply the deposit as credit towards a course at a later time. No refund will be given to "no shows" and you will be charged for a full day of climbing. There is a full refund for weather related cancellations.

Personal and Group Gear

For the Three-Day Basic Winter Mountaineering Skills course we provide mountaineering boots, crampons, ice axe, harness, helmet, ropes plus sleeping bag, tent, stove, food and fuel. You will need to provide an expedition backpack, appropriate clothing and personal accessories. Don't forget goggles and gaiters. Personal accessories include sunglasses, SPF 25 sunscreen, bandana and camera. A small first aid kit of moleskin, handwarmers and band-aids is recommended. Please use the winter gear list we provide during your preparations.

Course Pricing

IMCS course and trip prices are set on a full basis and are determined by the ratio of guides to climbers. If a course or trip does not fill we may cancel the program. We will contact you well ahead of time and give you the option of paying a private surcharge so that the course or trip will run on the scheduled dates. You will also have the option of transferring your reservation to another date that has the requisite number of participants. Please make sure you understand clearly what the price of your course of instruction or guided climb will cost.

When and Where

Preparation is critical to the overall success of your experience. If you can make arrangements to meet us the day before the course begins we can get you outfitted with boots, crampons, ice axe, harness and helmet to save time on the first day of the course. Some amount of time will be spent with introductions, discussion of plans for the course, gear check, gear fitting, and signing of a liability release form. We encourage clients to provide transportation if possible. Please let us know if you will be without a vehicle so we may plan accordingly.

Medical Care

All clients currently taking medication, having prior medical conditions, problematic old injuries or recent surgeries must make them known to the guide. In this way we may provide the safest and most enjoyable experience possible. The guide has the right to disqualify anyone at any time from certain activities, if he/she has reason to believe that the person is not capable of participating in the activity safely. Your safety is our primary concern.

Participant Agreement, Release and Assumption of Risk

(Please Print Legibly)

Name: _____ Date: _____

If under 18, Name of Guardian: _____

Street: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail: _____

In consideration of the services of International Mountain Climbing School, Inc., their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "IMCS"), I hereby agree to release, indemnify, and discharge IMCS, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that rock climbing, ice climbing and alpine mountaineering entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: the hazards of walking on uneven terrain and slips and falls; being struck by rockfall, icefall, or other objects dislodged or thrown from above; the risk of injuries caused by other climbers; the use of climbing ropes and equipment; the forces of nature, including lightening, weather changes, and avalanche; the risks of falling off the rock, mountain, or into a crevasse; the risks of exposure to insect bites; the risk of altitude and cold including hypothermia, frostbite, acute mountain sickness, cerebral and pulmonary edema; my own physical condition, and the physical exertion associated with this activity.

Furthermore, IMCS employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risk existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless IMCS from any and all claims, demands, or causes of actions, which are in any way connected with my participation in this activity or my use of IMCS's equipment or facilities, **including any such claims which allege negligent acts of omissions of IMCS.**
4. Should IMCS or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against IMCS, I agree to do so solely in the state of New Hampshire, and I further agree that the substantive law of New Hampshire shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

