



Trip Sheet



Basic education on rock and ice Rev 2.1

Dachsteins mountainous region offers perfect terrain to train your skills on both rock and ice. You will learn the basics of mountaineering: hiking in high-mountain regions, walking on glaciers, climbing via ferrata, navigation, and much more. We meet on Saturday morning at the top station of the Dachstein Südwand cable car.

- Date: Sa. 27. 6. – Su. 28. 6. 2009
- Guide: Martin Scherr, 0664/5160976, martinscherr@dachsteinguide.at
- Accommodation: Adamek-Hütte, Dachstein (2.196 m)
www.adamek.at
- To get there: From Vienna via S6, A10, Liezen, Schladming, Ramsau, Dachstein Südwand cable car (approximately 3,5 hours.)
- Meeting place: 9.00 am topstation of the cable car
- Requirements: free from dizziness, fit for tour length up to 7 hours
- Programm: We start from the cable car top station via Hoher Dachstein or Steiner Scharte to Adamek Hütte. On the way we practise walking on glaciers and climbing via ferrata. Crevasses and many climbing routes enable training of all skills you need for touring in mountain regions (depending on the interests and previous knowledge of the group members). According to the snow conditions we eventually use snowshoes!
- Costs: € 120,- for leadership and gear rental (additionally: cable car (app. € 25,-), Adamek-Hütte app. € 40,-)
- Gear: see enclosed list (S7 Hochtour), Alpenverein-map Nr. 14 (Dachstein)
- Preliminary meeting: Monday 22.6. at 6.00 p.m. More detailed information about the program and the required gear.
Distribution of the necessary rental equipment!!!
Looking forward to a nice weekend
Austria Bergsteigerschule and Martin Scherr

Equipment List –Rock & Ice Training Course

Essentials-required

- | | |
|---|---|
| <input type="checkbox"/> Map OeAV Nr. 14 in waterproof sleeve | <input type="checkbox"/> Drinking-water bottle minimum 1 l. |
| <input type="checkbox"/> LED Headlamp | <input type="checkbox"/> Pocket knife opt. |
| <input type="checkbox"/> Sunglasses for glacier use | <input type="checkbox"/> Emergency bivy sack, or (Space Blanket®) |
| <input type="checkbox"/> Sunblock crème min. SPF 20 | <input type="checkbox"/> Toilet paper and/or pocket tissues |
| <input type="checkbox"/> Sunblock Lip balm min SPF 30 | <input type="checkbox"/> Personal First Aid kit (see below) |
| <input type="checkbox"/> Blister prevention Compeed®, Spenco® or moleskin | <input type="checkbox"/> Membership card OeAV |
| <input type="checkbox"/> | <input type="checkbox"/> |

Personal First Aid kit to contain all required medications, spare contact lenses, etc.

Footwear

- | | |
|---|---|
| <input type="checkbox"/> Mountain boots suitable for use with crampons | <input type="checkbox"/> Gaiters, full length, waterproof |
| <input type="checkbox"/> Socks + spares (Coolmax® mixture opt.) | <input type="checkbox"/> Wicking liner socks opt. |

Outerwear

- | | |
|--|---|
| <input type="checkbox"/> Mountaineering jacket with hood (for cold, wind & rain) | <input type="checkbox"/> Fleece stocking cap (Mütze) |
| <input type="checkbox"/> Wide-brim Hat (for sun & rain) | <input type="checkbox"/> Cap baseball type opt. |
| <input type="checkbox"/> Gloves, fleece, water repellent | <input type="checkbox"/> Gloves, suitable for via ferrata |
| <input type="checkbox"/> Rainwear poncho opt. | <input type="checkbox"/> Rainpants with side zippers |

Hiking Clothing

- | | |
|---|--|
| <input type="checkbox"/> Mountaineering pants (jeans are NOT suitable) | <input type="checkbox"/> Spare mountaineering pants opt. |
| <input type="checkbox"/> Fleece jacket | <input type="checkbox"/> Fleece pullover light wt. opt. |
| <input type="checkbox"/> Fleece vest opt. | <input type="checkbox"/> Shirts/blouses (opt. functional material) |
| <input type="checkbox"/> Underwear, quick drying + spare (opt. functional material) | <input type="checkbox"/> |

For the Hut

- | | |
|---|---|
| <input type="checkbox"/> Sleeping liner (“Hüttenschlafsack”) Required! | <input type="checkbox"/> Hut shoes |
| <input type="checkbox"/> Hut clothes (lightweight training outfit or similar) | <input type="checkbox"/> Bag w/ Personal Toiletries |
| <input type="checkbox"/> Towel, small | <input type="checkbox"/> Money |

Other stuff

- | | |
|---|---|
| <input type="checkbox"/> Backpack 35–50 l | <input type="checkbox"/> Trekking poles, telescoping (recommended) |
| <input type="checkbox"/> Container with daily lunch and snacks | <input type="checkbox"/> Thermos bottle opt. |
| <input type="checkbox"/> Camera with extra film/memory cards & batteries!!! | <input type="checkbox"/> Cell phone, opt. |
| <input type="checkbox"/> Travel clothes for the trip to & from the course | <input type="checkbox"/> |
| <input type="checkbox"/> Crampons (must fit properly on your boots) | <input type="checkbox"/> Ice Screws 2-3 |
| <input type="checkbox"/> Ice Axe | <input type="checkbox"/> Carabiners 4 at least 1 must be HMS |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Cord slings 5-6mm. 1x1.5m. 1x5m. |
| <input type="checkbox"/> Climbing Harness | <input type="checkbox"/> Webbing slings 1-2 x 240cm. |
| <input type="checkbox"/> Belay-Rappel(abseil) Device | <input type="checkbox"/> Climbing rope 1 per team |
| <input type="checkbox"/> <u>Above items in bold can be rented from OeAV at the meeting on 22 June at 6 pm.if you don't own them</u> | <input type="checkbox"/> |