

Basic education on rock and ice

Dachstein's 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: Sat. & Sun. 26-27 JUN. 2010
- 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** top-station of the cable car
- Requirements: free from dizziness, fit for tour length up to 7 hours
- Program: 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 attached list (Rock & Ice Training course), Alpenverein-map Nr. 14 (Dachstein)
- Preliminary meeting: **Monday 21.6. at 6.00 p.m.** For more detailed information about the program and the required gear.
Distribution of the necessary rental equipment!!!
Looking forward to a nice weekend from:
Austria Bergsteigerschule and Martin Scherr

Membership in Alpenverein required: OeAV membership is required for this course. If you are not a current member of the OeAV you can easily join online here:

www.alpineclubvienna.org/membership.htm

Equipment List –Rock & Ice Training Course

Essentials-required

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

Footwear

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

Outerwear

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|---|---|
| <input type="checkbox"/> Mountaineering jacket with hood (for cold, wind & rain)
<input type="checkbox"/> Gloves, warm, water repellent and spare pair
<input type="checkbox"/> Rainwear poncho opt. | <input type="checkbox"/> Fleece stocking cap (Mütze)
<input type="checkbox"/>
<input type="checkbox"/> Rainpants with side zippers (waterproof overpants) |
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Hiking Clothing

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

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

Other stuff

- | | |
|---|--|
| <input type="checkbox"/> Backpack 35–50 l
<input type="checkbox"/> Container with daily lunch and snacks
<input type="checkbox"/> Camera with extra film/memory cards & batteries!!!
<input type="checkbox"/> Travel clothes for the trip to & from the course
<input type="checkbox"/> Crampons (must fit properly on your boots)
<input type="checkbox"/> Ice Axe
<input type="checkbox"/> Helmet
<input type="checkbox"/> Climbing Harness
<input type="checkbox"/> Belay-Rappel(abseil) Device
<input type="checkbox"/> | <input type="checkbox"/> Trekking poles, telescoping (recommended)
<input type="checkbox"/> Thermos bottle opt
<input type="checkbox"/> Cell phone, opt.
<input type="checkbox"/>
<input type="checkbox"/> Ice Screws 2-3
<input type="checkbox"/> Carabiners 4 at least 1 must be HMS
<input type="checkbox"/> Cord slings 5-6mm. 1x1.5m. 1x5m.
<input type="checkbox"/> Webbing slings 1-2 x 240cm.
<input type="checkbox"/> Climbing rope 1 per team
<input type="checkbox"/> |
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Items in bold can be obtained at the meeting on 21 June at 6 pm. if you don't own them.