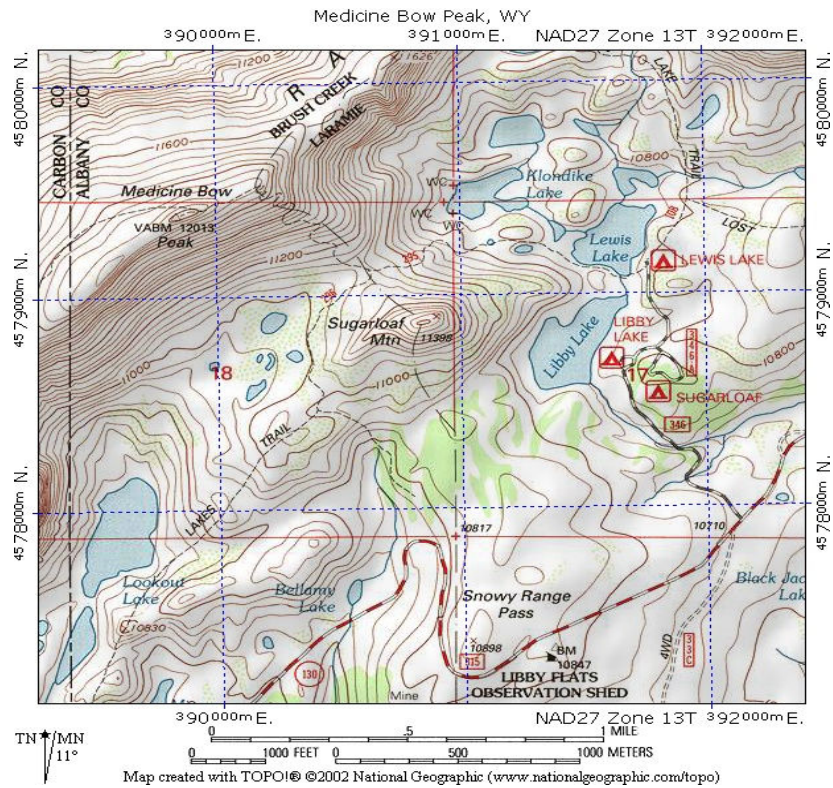


MEDICINE BOW NORDIC SKI PATROL MOUNTAIN TRAVEL CLINIC 11-12 JUNE 2005, SNOWY RANGE, WYOMING: SUMMARY REPORT



SCHEDULE:

- Saturday 11:**
- 0900 Met at trailhead.
 - 1000 Skied to camp, practicing roped travel.
 - 1100 Set up camp at Klondike Lakes and ate lunch.
 - 1300-1730 Clinics: Knots, snow anchors, belays, ice axe technique.
- Sunday 12:**
- 0700 Departed for Medicine Bow Peak.
 - 0800 Whiteout conditions at 11,200 feet. Skied laps from 11,500 feet.
 - 1000 Broke camp.
 - 1130 Checked out at trailhead. Postmortem lunch in Centennial.

SYLLABUS:

1. Roped travel: roping up, managing the team.
2. Knots : figure 8 and variants; backup knot and double fisherman's knot; clove hitch and Münter hitch; Prusik-like knots (girth hitch, Prusik, improved Prusik); water knot, butterfly knot.
3. Snow anchors: pickets, T-slots, bollards, deadmen.
4. Belaying: ice-axe belays, anchored belays, rappelling.
5. Ice-axe techniques: self-belay, self-arrest from all positions, seated glissade.
6. Backcountry skiing.