

PeakSTRATAGEM PreAMP/R1 Intro to Outdoor Rock© 26 May 2019

Course Details

Logistics

Course start: 0800h MDT 26 May 2019, PeakSTRATAGEM HQ, 2 Mt McGillivray Drive, Exshaw, Alberta.
Course end: NLT 1630h.

Personal Clothing and Equipment

PeakSTRATAGEM recommends the following clothing:

- Fleece/Wool Hat (that can be worn under a climbing helmet)
- Buff – optional (for cold and/or sun protection)
- Synthetic/Wool Baselayer Shirt (like Icebreaker Oasis) Synthetic/Wool Midlayer Hoody (like OR Deviator)
- Synthetic/Wool Baselayer Pant – optional based on weather (like Icebreaker Oasis)
- Synthetic/Wool Socks (like Icebreaker Hike or Ski+ OTC)
- Softshell Jacket (like OR Ferrosi) and/or Hardshell Jacket – optional based on weather (like OR Realm)
- Softshell Pants (like OR Ferrosi) and/or Hardshell Pants – optional based on weather (like OR Helium)
- Medium Insulated Jacket – for chilly belaying (like OR Refuge or Illuminate)
- Belay/Rappel Gloves – REQUIRED (like OR Direct Route gloves or Petzl Cordex)

The following personal climbing gear is required:

- Daypack 30-40L (recommend BD Speed 40 or Mission 35)*
- Climbing Helmet (recommend Petzl Sirocco)
- Climbing Harness (recommend BD Solution or Zone)*
- Approach Shoes and Climbing Shoes
- Chalk Bag – optional but recommended
- Assisted Braking Belay Device w Locking Carabiner (recommend BD ATC Guide w BD RockLock or GridLock)*
- Anchor Sling (recommend BD 10mm Dynex 120cm) w 2 non-locking (recommend Petzl Ange S or L)*
- 2x locking carabiners (recommend Petzl Attache 3D)*
- 3x Alpine Draws – an alpine draw is a 60cm sewn dyneema sling w 2 non-locking carabiners – optional (recommend BD 10mm Dynex 60cm Petzl Ange S)*
- 3x Quickdraws – optional (recommend BD Positron or Petzl Ange)*
- 2x 5m x10kN accessory cord – optional (recommend BD 6.0 Static Cord)*
- 1x 2m x10 kN accessory cord or Sterling Hollowblock 13.5” – REQUIRED (recommend BD 6.0 Static Cord)*
- Knife on a carabiner – optional (recommend Spyderco Ladybug H1 and Ange S)*
- First Aid Kit – optional but recommended (recommend capability of dealing w minor bleeds, blisters, athletic tape)
- Siltarp – optional but recommended (recommend RAB Guides Siltarp 2)
- SOL Emergency Sleeping Bag – optional but recommended
- Sunglasses Sunscreen
- Water bottle (recommend minimum 2L fluids)
- Food for 8h active day.

Group Gear

ACC Trip Coordinator to arrange 3x 60m single rated climbing ropes.

PeakGUIDE to arrange 3x 30m single rated climbed ropes and rope tarps.

*These items can be coordinated through PeakSTRATAGEM.

Please contact us in advance to coordinate if you do not have your own.



PeakSTRATAGEM

PeakStratagem.com
info@peakstratagem.com