This document outlines the basic information regarding the trip. More details regarding the trip may be provided or changed at the Pre-Trip Meeting. If you have further questions after reading this document, please see “Contact Information” below.

Program Description:
This trip is designed to introduce participants to the basics of alpine ice and snow climbing. Alpine ice climbing or more generally - snow climbing, is the technique of ascending snow slopes of varying degrees of steepness and character. This course will cover the fundamentals of ice axe and crampon use, self-arrest, and glacier travel. Learning to ascend snow safely are a foundational skill to mountaineering.

Alpine ice climbing differs from water-ice climbing in that it is often less-vertical and the “ice” is actually hardened snow. Participants interested in only learning how to climb water-ice are encouraged to take the Outdoor Program’s Intro to Ice Climbing trip held in January.

Mandatory Pre-Trip Meeting:
All participants in the Alpine Ice Climbing trip must attend a mandatory pre-trip meeting. The date and time of this meeting will be determined by the instructors and announced the week leading up to the trip. During this time important information will be discussed, and you will have a chance to meet your Trip Instructors and fellow participants, as well as ask any questions. If you cannot attend this meeting, please contact the Outdoor Program (campusrec_op@mail.colostate.edu) as soon as possible.

Itinerary:
This is a full day in the high alpine. Participants should plan on an early morning start and late evening return. Typically, the trip leaves from the back of the Student Rec Center at 6:30 a.m. and returns approximately 8:00 p.m. that night.

Meals:
The Outdoor Program does not provide food on day trips. As this is a long day participants are urged to bring an extra amount of food. Participants should plan their food and nutrition needs in advance – high calorie foods and snacks are encouraged (bars, jerky, etc).

Refund Policy:
Participants withdrawing 10 days before the course start date are eligible for a refund subject to a $5.00 processing fee. Participants wanting to transfer courses should contact the Assistant Director-Outdoor Program. Full refunds will be granted if the course is canceled due to weather, objective hazard, or low enrollment.

Drugs and Alcohol:
Drugs are never allowed on OP trips. Being under the influence of any drug or alcohol is prohibited. Alcohol is not allowed on any OP trip in the field and/or transported to the venue. Participants caught using or being under the influence of drugs or alcohol may be reported to the Office of Student Conduct.

Electronic devices:
As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones should be limited to picture taking and essential communication. If you have any questions about this policy please discuss this with your Trip Instructor.
Equipment Checklist
This list is a handy reference guide concerning what gear to bring for the trip. Please pack accordingly to suit your needs. Clothing, sundries, and optional gear is your responsibility to secure. If you have any further questions, contact your Trip Instructors.

Equipment provided by the Outdoor Program
- Mountaineering Boots (Participants may use their own heavy-duty mountain boots if those are pre-approved by the course instructor at the pre-trip meeting).
- Ice Axe
- Crampons
- Harness
- Helmet
- Ropes
- Carabiners
- Gaiters

Clothing & Gear provided by the participants
- Lightweight Long Underwear tops and bottoms (wool or synthetic)
- Jacket suitable for cold temperatures, preferably with hood
- Ski/snow pants
- Fleece sweater or equivalent (NO COTTON!)
- Stocking cap
- Gloves or mittens, at least one pair should be heavy-duty
- Appropriate sox to fit boots
- Sunglasses or ski goggles
- Day pack, minimum of 25 liter capacity
- Water bottles – 2 liters, filled
- Food enough for 12 hours out
- Sunscreen (minimum SPF30)
- Lip balm w/SPF sun protection
- Camera (optional)

Important Information for Participants:

Pre-trip meetings and safety
Our pre-trip meetings are designed to help you understand the physical activity involved and some of the potential risks and considerations of which you need to be aware. It is extremely important that you understand what is involved with your participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the Trip Instructor prior to the departure of the trip. It is your responsibility to make sure you get all the information and your personal equipment before the trip departs. If at the end of the pre-trip meeting you decide that the trip is not appropriate for you, please contact the leaders to discuss your options.

Our expectations of you as a participant:
As a participant in our outings, you are expected to help out in such areas as setting up camp, cooking, and cleaning. If you are unfamiliar with how to perform these tasks, that's okay, we are happy to help you learn. Beyond helping out, it is imperative that you listen and pay attention to the leader(s) at all times. It is understood that everyone plays a role in safety, for your own safety for the safety other participants.

Environmental impact
On our outings we use a variety of public lands; therefore, it is important to not only minimize our physical impacts, it is also important to minimize impacts on other users. The Outdoor Program strictly follows the seven practices and principals of 'Leave No Trace.' We expect that all participants on our outings will do the same.
Health considerations and physical preparedness
Please inquire with us if you are concerned at all about not being physically prepared, we can help clarify the activity level that may be involved in our outings. If you have a health condition that may affect your participation, please contact your health professional for specific advice. It is essential that we fully understand the effect any health condition or medication may have on your participation. Please tell your Trip Instructor(s) about any condition that may affect your participation in the trip.

Contact Information
Questions regarding the trip can be directed to:

Rodney Ley, Assistant Director – Outdoor Program
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970-491-0964

OR

Andy Nelson, Coordinator – Climbing Wall/Outdoor Program
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