

# Rock Climbing Mountaineering Training Course Manual

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Climbing and Mountaineering Training \* 320 Pages \* 11 Chapters This is a practical guide to climbing and mountaineering. Learn the Skills \* Mountain Terrain, Weather and Hazards \* Mountain Living \* Mountaineering Equipment \* Rope Management and Knots \* Anchors \* Climbing \* Rope Installations \* Mountain Walking Techniques \* Mountain Stream Crossing \* Movement over Snow and Ice \* Mountain Rescue and Evacuation \* Levels of Military Mountaineering Climbing and Mountaineering Training Manual (320 Pages) Chapter 1 - Mountain Terrain, Weather, and Hazards Section I - Mountain Terrain Definition Composition Rock and Slope Types Rock Classifications Mountain Building Route Classification Cross-Country Movement Cover and Concealment and Observation Section II - Mountain Weather Considerations for Planning Mountain Air Weather Characteristics Wind Humidity Cloud Formation Types of Clouds Fronts Temperature Weather Forecasting Recording Data Section III - Mountain Hazards Subjective Hazards Objective Hazards Weather Hazards Avalanche Hazards Chapter 2 - Mountain Living Section I - Survival Water Supply Nutrition Personal Hygiene Sanitation Section II - Acclimatization and Conditioning Symptoms and Adjustments Physical and Psychological Conditioning Section III - Medical Considerations Illness and Injury Treatment and Evacuation Solar Injuries Cold-Weather Injuries Heat Injuries Acute Mountain Sickness Chronic Mountain Sickness Understanding High-Altitude Illnesses High-Altitude Pulmonary Edema High-Altitude Cerebral Edema Hydration in HAPE and HACE Chapter 3 - Mountaineering Equipment Section I - Equipment Description and Maintenance Footwear Clothing Climbing Software Climbing Hardware and Snow Ice Climbing Hardware Sustainability Equipment Section II - Equipment Packing Choice of Equipment Tips on Packing Chapter 4 - Rope Management and Knots Section I - Preparation, Care and Maintenance, Inspection, Terminology Preparation Care and Maintenance Inspection Terminology Section II - Coiling, Carrying, Throwing Coiling and Carrying the Rope Throwing the Rope Section III - Knots Square Knot Fishermans Knot Double Fishermans Knot Figure-Eight Bend Water Knot Bowline Round Turn and Two Half Hitches Figure-Eight Retrace (Rerouted Figure-Eight) Clove Hitch Wiremans Knot Directional Figure-Eight Bowline-on-a-Bight (Two-Loop Bowline) Two-Loop Figure-Eight Figure-Eight Loop

(Figure-Eight-on-a-Bight) Prusik Knot Bachman Knot Bowline-on-a-Coil Three-Loop Bowline Figure-Eight Slip Knot Transport Knot (Overhand Slip Knot/Mule Knot) Kleimhiest Knot Frost Knot Girth Hitch Munter Hitch Rappel Seat Guard Knot Chapter 5 - Anchors Section I - Natural Anchors Trees Boulders Chockstones Rock Projections Tunnels and Arches Bushes and Shrubs Slinging Techniques Section II - Anchoring With the Rope Rope Anchor Tensionless Anchor Section III - Artificial Anchors Deadman Pitons Chocks Spring-Loaded Camming Device 3 Bolts Equalizing Anchors Chapter 6 - Climbing Section I - Climbing Fundamentals Route Selection Terrain Selection for Training Preparation Spotting Climbing Technique Safety Precautions Margin of Safety Section II - Use of Holds Climbing With the Feet Using the Hands Combination Techniques Section III - Roped Climbing Tying-in to the Climbing Rope Presewn Harnesses Improvised Harnesses Section IV - Belay Techniques Procedure for Managing the Rope Choosing a Belay Technique Establishing a Belay Setting Up a Belay Top-Rope Belay Section V - Climbing Commands Verbal Commands Rope Tug Commands Section VI - Roped Climbing Methods Top-Roped Climbing Lead Climbing Aid Climbing Three-Man Climbing Team Chapter 7 - Rope Installations Section I - Fixed Rope Installation Utilization Retrieval Fixed Rope With Intermediate Anchors Section II - Rappelling Selection of a Rappel Point Installation of the Rappel Point Operation of the Rappel Point Recovery of the Rappel Point Types of Rappels Section III - One-Rope Bridge Site Selection Installation Using Transport Tightening System Installation Using Z-Pulley Tightening System Utilization Hauling Line Retrieval Section IV - Suspension Traverse Site Selection Installation Retrieval Section V - Vertical Hauling Line Site Selection Installation Retrieval Section VI - Simple Raising Systems Z-Pulley System U-Pulley System Chapter 8 - Mountain Walking Techniques Basic Principles Techniques Safety Considerations Navigation Route Planning Route Selection Chapter 9 - Mountain Stream Crossing Reconnaissance Preparation of Troops and Equipment Individual Crossings Team Crossing Rope Installations Safety Swimming Chapter 10 - Movement over Snow and Ice Movement Over Snow Movement Over Ice Use of Ice Ax and Crampons Glissading Snow and Ice Anchors Roped Climbing on Ice and Snow Movement on Glaciers 10-8. Glacier Bivouac Procedures Chapter 11 - Mountain Rescue and Evacuation Considerations Planning Rescue Operations Mass Casualties Special Training Preparation for Evacuation Manual Carries Litters Rescue Systems Low-Angle Evacuation High-Angle Evacuation Mountaineering (Basic) (177 pages) Section1: MOUNTAINEERING CONDITIONS Part A: Terrain Part B: Climate Part C: Acclimatization and Conditioning Part D: Illness and Injury Practice

Exercise Section 2: MOUNTAINEERING EQUIPMENT Part A: Climbing Ropes and Types of Knots Part B: Types of Snaplinks Part C: Equipment and Maintenance Part D: Types of Pitons and Piton Hammers Practice Exercise Section 3: CLIMBING TECHNIQUES Part A: General Techniques Part B: Belays Part C: Rappelling Practice Exercise Mountaineering (Advanced) (78 pages) Section 1: Mountaineering Techniques on Glaciers & Snowcovered Mountains Part A: Classification of snow Part B: Avalanches Part C: Safety Rules Part D: Avalanche Rescue PART E: Movement on Snow & Ice Practice Exercise Section 2: MOUNTAINEERING TECHNIQUES ON ALPINE PATHS Part A: Alpine Paths and Handlines Part B: Steps & Ladders Part C: Walkways Practice Exercise

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