



The Women's Wilderness Institute
INTRO TO ICE CLIMBING

January 20, 2008
Boulder Canyon
\$95

Discover the magical world of ice climbing!

Learn the basics of ice climbing in this one-day clinic. You will learn about safety considerations, how to use crampons and ice tools, and the techniques required to climb on both low-angle and steep ice. No previous ice climbing experience is necessary, although belaying experience is required, and some experience on rock is recommended. Includes climbing equipment and lunch.

What Should I Expect on a Women's Wilderness Course?

The Women's Winter Program is designed to help build solid winter outdoor skills for women in an empowering and affirming style. Courses are educational, fun, and supportive. Two Women's Wilderness Institute staff will lead each course.

You can expect to learn a lot, do a lot, laugh a lot, and be tired out by the end of the day! Our intention is to teach you the skills to go out and have your own adventures, and to have fun in the process. Women's Wilderness Institute courses are real-life adventures, rather than guided expeditions, and you can expect to give a hand in all the aspects of the day, including carrying gear, preparing lunch, and packing up, and to always have a say in whatever you're doing.

What Do I Need to Bring?

You should be prepared for any kind of weather for this clinic, and have enough clothing to be comfortable standing around in cold winter temperatures. Starred items may be borrowed from Women's Wilderness.

Clothing and Personal Items:

- Plastic boots, or very stiff insulated leather snow-sealed boots (See below for rental information)
- Crampons fit to boots (See below for rental information)
- Gore-tex or water sealed pants*
- Synthetic long underwear- top and bottom*
- Wool or fleece pants*
- Mid-weight fleece top or sweater*
- Fleece jacket*
- Breathable (Gore-Tex) parka*
- Insulated winter jacket (down or polyester)
- 1 small/medium thermos (1/2 – 1 qt.) full of your favorite hot beverage (preferably caffeine-free for hydration purposes) or thin soup
- 1-qt large-mouth water bottle
- Wool or synthetic/wool blend socks
- Gaiters*
- Fleece or wool hat
- 2 pairs warm wool or fleece mittens or ski gloves
- Overmitts
- Sunglasses – required for safety!
- Sunscreen (SPF 30 or higher) and lip balm

Equipment to bring if you have them (otherwise TWWI will supply):

- Large Day Pack (1500-2500 cu. in.)
- Two ice tools with leashes
- Climbing harness
- Helmet
- Belay device and locking carabiner

Boots & Crampons

We recommend plastic boots designed for ice climbing. **Plastic boots can be rented at half price (\$10) from Neptune Mountaineering if you contact the store 1-2 days ahead of your course and tell them you are taking the Women's Wilderness ice climbing clinic. Crampons can also be rented at Neptunes for \$5 for the course. Please be sure to have your crampons fitted to your boots PRIOR to the course.** The phone number at Neptune's is 303-499-8866. These rentals are demo gear and the cost of your rental can be applied toward the purchase of like items within 30 days of the course.

What Will We Eat?

We'll pack a great lunch and plenty of snacks. We always have vegetarian options, and we can accommodate some common food allergies and dietary needs. If you have dietary restrictions, or you'd like to bring your own lunch, please let us know several days before your course.

How Will I Get to the Course Site?

Participants will meet at 8:00 am at The Women's Wilderness Institute office at 5723 Arapahoe Avenue, Suite 1B. You'll be responsible for getting yourself to and from the ice climbing sites. Most groups choose to carpool. If you need a ride, let us know so we can make sure there is someone with whom you can ride. There is parking at the Boulder office.

Directions to The Women's Wilderness Institute:

Our address is 5723 Arapahoe Avenue, Suite 1B.

From Boulder, head east on Arapahoe Avenue. Past the intersection for 55th Avenue, take the THIRD left-turn. (There's no light, but the turn is directly opposite the entrance to the Flatirons Golf Course.)

From Denver or the airport, take 36 west to Foothills Parkway CO-157). Go North on Foothills Parkway and turn right (East) on Arapahoe. Follow the directions as from Boulder.

Our office complex is called the Burning Tree Office Suites, and we are in the first building on the right, with large glass windows, Suite 1B.

What About Fitness?

This course requires good health and a moderate level of physical fitness. If you have questions about your level of fitness or would like suggestions about how to prepare for your course, please call us.

Payment Schedule

Course tuition includes a \$60 nonrefundable application fee. The remainder of the fee is due when you receive notice that you are enrolled on the course. Our cancellation/refund policy and transfer policy are based on our investment in staff time, course planning, and food and equipment purchases before your course.

Cancellation refunds will be given according to the following schedule:

Days prior to course start:

More than 60 days:	100% minus \$60 application fee.
20-60 days:	75% minus \$60 application fee.
10-20 days:	50% minus \$60 application fee.
Less than 10 days:	No refunds.