

1-day Alpine Course Outline

Time TBC - Meet your group and Instructor/s at Temple Basin Ski Field

Overview

Today is all about getting to grips with the essential skills and equipment that allows you to travel in the mountains safely.

08:30am - Arrive at Ski area.

- Gear check & hand out OENZ supplied gear
- Packing and selecting gear appropriate for use in the NZ mountains
- Fitting crampons to boots

Ice axe and walking techniques

- Holding an ice axe
- Kicking Steps/forming steps with boots
- Primary anchor/self-belay (stopping a slide before it starts)
- Step cutting

12:30 – Lunch

- Walking in crampons
- Flat foot technique
- Front pointing
- Mixed technique
- Self-arresting (stopping yourself when sliding using your ice axe)

~4:00-5:00pm – Finish for the day.

**Please note that this is just a guide to how the course will run and your instructor may run the course in a different order to best fit in with local conditions and the abilities of the group.*