

RTM 151C
INTRODUCTION TO WINTER MOUNTAINEERING (2)
Department of Recreation and Tourism Management
California State University Northridge
October 21, 2008 7:00 p.m.
Ticket # 17483

INSTRUCTOR: Martin Crawford
Office: Redwood Hall - Rm 267
Meeting: Redwood Hall – Rm 153
Phone: 310-795-7678
email: martin.d.crawford@csun.edu

CLASS MEETINGS: October 21, 28, November 4

FIELD TRIP: December 5,6,7. San Jacinto Wilderness, CA (Sunday, Nov 23 afternoon gear checkout)

COURSE DESCRIPTION:

Introduction to Winter Mountaineering as an outdoor pursuit. Emphasis on proper use of equipment and safety of participants in the natural environment is present.

COURSE OBJECTIVES:

At the conclusion of the course the students will:

1. Gain a greater understanding of and appreciation for the natural environment by demonstrating low impact skills while traveling in winter environments.
2. Apply safe techniques for operation of backpacking equipment such as stoves at higher elevations and extreme conditions.
3. Demonstrate knowledge of traveling by snow shoe in winter environments.
4. Learn the skills to create winter survival shelters such as snow huts and igloos.
5. Comprehend the physiology of hypothermia and demonstrate the proper emergency response for hypothermia.
6. Comprehend the effects of high altitude on human physiology.
7. Apply snow and ice climbing techniques for ice axes, crampons, roped travel and self-arrest.
4. Develop self-confidence and self-awareness in conjunction with an understanding of the needs of others in the group.

Directions:

Directions and equipment will be given at the pre-trip meeting on November 23 at 3:00 pm. **DO NOT MISS THIS MEETING.** Due to the nature of this course, field trip locations may change depending on weather patterns that week; this information is crucial to obtain at the meeting.

Methods of Evaluation:

| | |
|---------------------|----------------|
| Class Meetings..... | 40% (10% each) |
| Field Trip..... | 50% |
| Skills Exam..... | 10% |

Additional Costs:

Students will need to provide their own camping food, gondola lift ticket, Transportation, and winter clothes. The estimated total costs should be approximately \$60 - \$80 each.

Group gear IS provided. Students do NOT need to provide their own tents, sleeping bags, sleeping pads, snow shoes, or backpacks. These WILL be provided.

WHAT NOT TO BRING:

ALCOHOL, ILLEGAL DRUGS, MISCELLANEOUS PEOPLE, FIREARMS, OTHER FOOD.
TO BRING ALCOHOL OR ILLEGAL DRUGS WILL MEAN A FAILING GRADE ASSIGNMENT. THEIR USE IS INCONSISTENT WITH OUR SAFETY POLICY.

WHAT ABOUT RAIN/SNOW ETC.: IF THERE IS ANY DOUBT ABOUT WEATHER CONDITIONS, CALL 310-795-7678 ON FRIDAY MORNING AND A CANCELLATION MESSAGE WILL BE ON THE MESSAGE MACHINE IF THE TRIP IS OFF

MISC. RULES

*TRIP BEGINS AND ENDS AT TRAILHEAD; *CARPOOLS ARE ENCOURAGED FOR ENVIRONMENTAL AND FINANCIAL REASONS BUT ARE THE SOLE RESPONSIBILITY OF STUDENTS.
ANY STUDENTS DRIVING MUST PROVIDE PROOF OF INSURANCE TO INSTRUCTOR PRIOR TO TRIP.

COURSE POLICIES:

The CSUN criteria for grading (as outlined in the CSUN catalog) will be strictly followed.

1. An Incomplete ("I") is assigned as specified by Instructor and upon consultation and approval of Instructor.
2. For Credit/No Credit grading, students must be doing passing work to receive "Credit."
3. Plus/Minus grading will be used.
4. No make-up tests (unless prior permission received)

Student Discipline:

Inappropriate conduct by students (such as cheating on examinations or failure to comply with field trip rules) is subject to discipline as provided in Sections 41304 of Title 5, California Administrative Code. Refer to CSUN catalog for further details.

- Extra clothing layer(s)
- Water
- Food
- Knife
- Firestarter

- Backpack
- Pack cover (trash bag)
- Day Pack
- Tent/Tarp
- Rainfly
- Tent Stakes
- Tent Footprint (ground tarp)
- Sleeping Bag
- Stuff Sack (for sleeping bag)
- Sleeping Pad
- Extra Stuff Sacks (for organizing gear)
- Resealable Plastic Bags
- Water Filter/Purifiers
- Water Treatment Tablets

- Toilet Paper
- Toothbrush and Toothpaste
- Small Towel
- Brush

- Hiking Pants
- Hiking Shirts
- Long Sleeved Undershirt
- Warm Pants (fleece/wool)
- Fleece or Wool Vest
- Bandana
- Hiking Socks
- Liner Socks

- Altimeter
- Binoculars
- Field Guides
- Camera and Film
- Notebook and Pencil
- Travel Games (cards)
- Watch/Alarm Clock
- Repair Kit

The Ten Essentials

- Map (in waterproof case)
- Compass
- Headlamp or Flashlight (with extra batteries)
- Sunglasses
- Sunscreen

Camping Gear

- Matches/Lighter
- Cook Set
- Cooking and Eating Utensils
- Drinking Cup
- Pot Grabber
- Biodegradable Soap
- Extra Trash Bags (large size)
- Dish Towel
- Stove and Fuel
- Extra Fuel
- Food (enough for duration of trip)
- Water Bottles
- Lantern
- Other _____

Personal Items

- Lip Balm
- Insect Repellent
- Trowel
- Other _____

Clothing

- Fleece or Wool Jacket
- Long Underwear
- Rainwear (poncho)
- Sun Hat
- Night Hat (fleece or wool)
- Gloves (fleece or wool)
- Extra Boot Laces
- Hiking Boots

Extras/Other

- 50 Feet Accessory Cord
- Camping/Backcountry Permits
- Fishing License
- Trip Plan / Return Date (left with someone at home)
- Other _____
- Other _____
- Other _____
- Other _____