

## Ambassador Snow or Climbing Adventure

### Skills Practice for Snow Trekking

- Get comfortable with your trekking method. For your trek, will you use snowshoes, cross-country skis, backcountry skis, or a split board? Do some practice runs so you know your gear is the right fit for you. For more fun: Pull a sled behind you while training so you can see how it feels. You can use a sled to help lighten your backpack load.
- Practice cooking in cold weather. Cook a meal outdoors in the snow at a local park or in a backyard (yours or a friend's). Make sure this is permitted in the area before you start! What type of stove and fuel will work best? What will your camp kitchen look like? What will you make?
- Be prepared for the weather. Besides proper clothing, what other methods can you use to protect against cold, wind, and sleet? How will you stay warm during the night? How can you dry your wet gear?
- Review maps and routes. Look at a topographical map of your destination and identify any danger zones. Is the trekking route you selected your safest option? What if the weather turns bad along the way? What are your evacuation options? Practice any navigational skills you may need, such as using GPS, a compass, and triangulation.
- Review avalanche safety. Review and practice the skills you learned in the avalanche safety course, if applicable.
- Practice setting up snow shelters. Find out the pros and cons of various snow shelters used for winter camping. Then, set up and build two types of snow shelters (tent, quinzee, igloo, or snow trench). Want to take it up a notch? Practice using snow saws, snow shovels, and snow claws.
- Complete a one-night campout at a designated camping area. Test your winter camping know-how by doing an overnight camping trip in the snow at a local park or campground. Just make sure camping is permitted in the area beforehand.

### Skills Practice for Climbing Adventure

- Know your knots. These knots are used to tie the climbing rope to your harness. Look online for videos showing how to tie these knots, then practice on a piece of rope.
  - barrel knot or double overhand backup knot
  - clove hitch
  - double fisherman's knot
  - figure eight on a bight
  - figure eight tie-in knot
  - girth hitch
  - Munter hitch
  - overhand bend
  - overhand loop on a bight
  - Prusik knot
  - water knot
- Practice your climbing techniques. Learn about and practice climbing techniques, such as heel hooking, smearing, pinch grips, and crimping.
- Practice belaying. Ask an expert rock climber to teach you how to belay. Safety note: Always have an adult as your backup belayer. She or he will hold on to the rope that feeds from your belay device.
- Learn about rappelling. Ask an expert climber to teach you about rappelling and walk you through a simulated rappel.
- Perform gear checks. Learn about and practice checking climbing gear.
- Set up anchor systems. Ask an expert climber to teach you how to set up anchor systems for top-rope climbing. Safety note: Never climb on an anchor system that has not been reviewed by an experienced outdoor climber.
- Practice, practice, practice! Aim for two to three practice sessions on an artificial climbing wall (indoor or outdoor) to practice the skills in this list before your climbing adventure.