

Senior Snow or Climbing Adventure

Skills Practice for Snow Camping

- Practice using snowshoes. Try walking in a pair of snowshoes or with a snow traction device attached to your boots.
- Set up your tent and test out your sleeping bag. Pop up your tent in a backyard (yours or a friend's) on a cold afternoon. Are you too cold? What happens if you add:
 - Your middle layer of clothing?
 - A sleeping bag liner or fleece blanket?
 - Other clothing items in your sleeping bag to take up the dead air space? Spend the afternoon trying different ways to stay warm so you'll be prepared when you go on your adventure.
- Learn about cold weather cooking. 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?
- Practice using snow tools. Go online and look for instructional videos showing you how to properly use a snow saw, snow shovel, and snow claw (optional). With an adult or friend, practice your skills. Try cutting blocks of snow and scooping snow. Use these tools when you practice building your snow shelters.
- Build snow shelters. Meet with an experienced

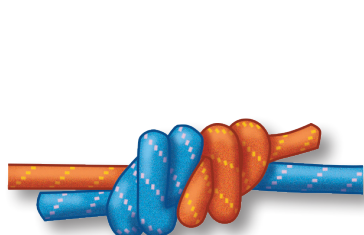
camper to find out about snow shelters used for winter camping (tent, quinzee, igloo, and snow trench). What are the pros and cons of each? Choose two shelters to try in your backyard (or a friend's) or at a local park. Just make sure camping is permitted in the area beforehand. Which one will you use on your outdoor adventure?

Skills Practice for Outdoor Climbing

- Practice your climbing techniques. Learn about and practice climbing techniques such as edging, smearing, palming, 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. Find out what the rappeler uses to connect to the rope and different types of belay methods used to ensure the climber's safety.
- Learn how to perform gear checks. Find out how climbers check their gear before their climbing adventures. How do you check a climbing rope to ensure it is safe? How about a carabiner? Belay device? Harness? Helmet? Webbing?
- Practice, practice, practice! Aim for two to three sessions on an artificial climbing wall to practice the skills in this list before your climbing trip.

Know your knots

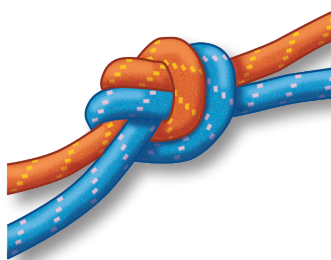
Watch videos showing how to tie knots that are used in climbing and rappelling. Then practice on a piece of rope.



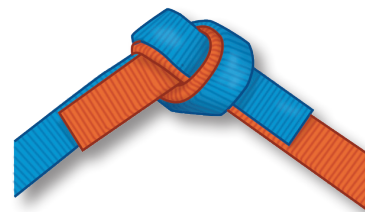
double fisherman's knot



Munter hitch



overhand bend



water knot