

AMC Boston Chapter
Mountaineering Committee

2014
Ice Climbing Program
Logistics Guide

Application Info, Course Lectures

Online Application. See AMC BCMC webpage:

<http://amcbostonclimbers.com>

Monday, Dec 9, 2013

Ice Climbing Lecture #1 - Mandatory for applicants.

Meet instructors, learn about the course.

Take the required belay test.

Meet at Cabot Auditorium, AMC, 5 Joy Street, Boston 7:00PM.

Friday, Dec 13, 2013

Application closes online. See AMC BCMC webpage:

<http://amcbostonclimbers.com>

Monday, Dec 23, 2013

Student Selection and Wait List announced this week.

Announcement via email.

Ensure we have an email address you use frequently.

Wednesday, Jan 8, 2014

Ice Climbing Lecture #2 - Open to accepted students and those on wait list. Discuss course logistics, gear, equipment, and enjoy a slide show.

(See Program Equipment List)

Meet at Cabot Auditorium, AMC, 5 Joy Street, Boston 7:00PM.

Course weekends

January 24, 25, 26

- Friday Arrive, rent/acquire gear, get settled, prepare packs.
 - o Socialize at Harvard Low cabin

- Saturday 0700: breakfast at Glen Junction Restaurant
 - o Car pool to Frankenstein Cliffs
(Meet at Arethusa Falls parking lot, Crawford Notch State Park, Rte US 302. Parking lot is on the west side of US 302 immediately after the 49.4 mile marker and the Crawford Notch SP signs when traveling from Glen Junction, or 3.4 miles south of the Willy House if coming from the North. Also, look for the "Arethusa Falls Road" street sign at the entrance to the Parking lot. The upper parking lot is more convenient for climbers.)
 - . Low angle French Technique
 - . Placement/Removal of ice screws
 - . High angle ice climbing on top rope
 - . Self-Arrest technique
 - . V-Thread (Abalakov) practice

 - o Saturday Evening: Dinner at the Harvard Cabin

- Sunday 0700: breakfast at Glen Junction Restaurant & receive climbing assignments
 - o Break into smaller top rope and multi-pitch groups
 - o Head home after climbing

February 7, 8, 9

- Friday Arrive, rent/acquire gear, get settled, prepare packs
 - o Socialize at Harvard Low cabin

- Saturday 0700: breakfast at Glen Junction Restaurant & receive climbing assignments
 - o Open climbing with the instructors of the AMC ice climbing program

- o Saturday Evening: Dinner at the Harvard Cabin
- Sunday 0700: breakfast at Glen Junction Restaurant & receive climbing assignments
 - o Open climbing with the instructors of the AMC ice climbing program
 - o End-of-Program Party & Mandatory check-in required – you must show up!

Other important dates

- Harvard Cabin open weekends
(Remember to contact the cabin leader to reserve a space.
See AMC BCMC Webpage.):

- o Jan 9 – 11 “Leaders Weekend”
- o Feb 20 – 22
- o March 6 – 8

- Ice Festivals

- o Adirondak Ice Fest (Keene Valley, NY) – Jan 17 - 19.
- o Smugglers Notch Ice Fest (Smugglers Notch, VT) – Jan 23 - 26.
- o Mt Washington Valley Ice Fest (North Conway, NH) – Jan 31 – Feb 2.
- o Catskill Ice Fest (New Paltz, NY) – Feb 7-10.

Lodging

Harvard Low Cabin

If you haven't visited the "The Cabin" before, then there are a few simple rules that we ask you to observe. Life at the cabin is a true testament to communal living so we ask you to be considerate of others. The cabin boasts a large living area, kitchen, stove and refrigerator, one large sleeping loft, two gas heaters, electric lights, tent spaces on the front lawn, and an outhouse. We use the downstairs as a drying room. We have

limited sleeping space indoors. Inside, you will need a three-season sleeping bag and a pad with you. Though the cabin is heated, it still can take a while on Friday nights to warm up. It's worth noting that if the power fails, as happens from time to time, we will have no heat. Please do not wear your boots upstairs. Hut shoes or slippers can be nice.

There is a large 'front lawn' for tents. You are welcome to bring your own if you wish. You will need at least a 0 degree bag and a pad or two.

Wherever you stay, it is nice to have a pad-side water bottle if you get thirsty at night so you don't have to get up and wake others. Earplugs can be a godsend. It's also a good idea to have a headlamp within reach. The water at the cabin is safe to drink but has a strong sulfur smell. Some people bring bottled water. We are usually up by 6:00 or 6:30 and we go to the Glen Junction diner for breakfast in the morning at 7:00. Please tip your waiter well! Some people boil water for their water bottles at the cabin. Others get water at the Junction but it would not be o.k. if everyone did that.

Here are several important guidelines that we have developed over the years. Please respect them; in return we will all share a good experience:

- If you stay up to talk, remember that others will be trying to sleep. So, keep it quiet.
- No smoking of any kind permitted in the cabin.
- Please leave any electrical devices, radios, hair dryers etc. at home.
- Please do NOT bring everything that you own into the cabin.
- And please do NOT bring your climbing equipment upstairs into the sleeping loft.
- The more you bring, the more you will lose, confuse, or forget.

On Sunday morning when you leave to go climbing, take all of your possessions with you as the cabin will be locked and not reopened.

Directions to the Harvard Cabin

The Harvard cabin is located on Route 16 in Glen, New Hampshire en route to Mt. Washington / Pinkham Notch. The best route to get there is to go through North Conway, turn north staying on Rt. 16 at Glen (turn right at light), and continue on Rt. 16 for 6.1 miles. The cabin is on the right (while driving north) at mile marker 93.4 but it cannot be seen from the road.

There is a cleared parking area on both sides of the road. Look for a path up the hill on the right side of the parking area. If you have driven as far as

the Dana Place Inn, you have gone too far. Park off the road, completely off of the blacktop surface, or you will be towed in a snowstorm. Please think about carpooling. Remember to bring a shovel in case of snow to dig yourself and others out. Jumper cables, lock deicer, and other auto reliability items can be helpful.

Gear Rental Sources

Note: If you intend to rent crampons, whether for your own boots or rental boots, remember that crampons need to be fitted to the boots. This can take as little as 15 minutes or long frustrating hours (even without drinking!) so plan accordingly.

Boot Rental: IME, EMS, Ragged Mountain Equipment, and REI all rent boots. If renting, call early to reserve boots in your size, as you may be disappointed if you don't reserve a pair. You will likely need to go to the store to size them.

Ice program sponsors:

IME North Conway NH: (603) 356-6316 <http://ime-usa.com/>
Rents double boots and crampons. They will also rent just crampons. Crampon-only rentals are for plastic boots in good shape. Please allow time for them to fit the crampons to the boots. They close at 9:00 p.m. on Fridays.

EMS North Conway NH (603) 356-5433 www.ems.com
Only the North Conway store rents boots and crampons. They rent boots and crampons together only.

Other Equipment Sources:

Ragged Mountain Equipment, Intervale NH (603) 356-3042

<http://www.raggedmt.com/>

They rent boots and crampons as well as sell them.

They do not rent crampons without boots.

REI Reading or Boston: Look online for phone numbers <http://www.rei.com/>

Rents double boots and crampons. The crampons are suitable for climbing, but they may tell you that they are not for technical climbing for liability reasons. It may be advisable not to mention that you plan to climb technical ice with them if you would like to rent from them.

Online Equipment Sources:

Many places on the web. Make sure you allow time for delivery!

- <http://www.killerdeals.com/>
- <http://www.sierratradingpost.com/>
- <http://www.rei-outlet.com/>
- <http://www.mtntools.com/>
- <http://www.blackdome.com/>
- <http://www.promountainsports.com/>
- <http://www.barrabes.com/>
- <http://www.backcountrygear.com/>
- <http://www.gearexpress.com/>
- <http://www.mgear.com/>