



AMC Boston Ice Program

Agenda

- Welcome, Class of 2018!
- Program Logistics
- Food: What to Eat and Drink
- Clothing: What to Wear
- Gear: What to Carry
- Questions



AMC Boston Ice Program

Logistics: Weekend One



Matt Sevey...keeper of the tools

Friday, January 26

- It's really important that students carpool due to limited parking. We'll send a spreadsheet in advance of each weekend to help facilitate.
- The Harvard Cabin will be open by 7 PM.
- If you are renting boots and crampons, ensure you make it to IME in North Conway before close at 9 PM. Leave some time for them to help fit crampons to your boots.
- Many students meet at The Moat in North Conway on Fridays but you're free to make plans on your own!
- We'll distribute ice tools at the cabin Friday evening. Find Matt Sevey on Friday or Saturday morning if you miss distribution.



AMC Boston Ice Program

Logistics: Weekend One



Saturday, January 27

- 6 AM wake-up call
- 7 AM all students due at Junction Diner for breakfast. Bonus points: bring cash!
- 8 AM all students carpool to the Arethusa Falls parking lot. Assistants and instructors will take groups to Saturday's location (~25 minute hike)
- We'll spend the day rotating through stations to work on ice technique, skill drills, self arrest, movement in crampons, and use of ice screws.
- 4 PM wrap up and head back to the Cabin.
- 6 PM group dinner courtesy of our awesome assistants!



AMC Boston Ice Program

Logistics: Weekend One



Sunday, January 28

- **6 AM** wake-up call
- **7 AM** all students due at Junction Diner for breakfast. During breakfast, John will assign you to a small group for the day. Our gear master will assign you new tools after breakfast is over.
- **8 AM** Carpool with your group to the location you're assigned.
- This day generally focuses on either steep ice or mixed or multi-pitch.
- **4 PM** wrap up and head home. Hang onto your tools.
- **6 PM** IME closes for those that need to return equipment.



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Logistics: Weekend Two



Friday, February 9

- The week before the second weekend, you'll receive an email asking about your climbing preferences for the second weekend. A few students may be assigned a leader for Saturday in advance if their objective requires an earlier start.
- The Harvard Cabin will be open by 7 PM.
- IME closes at 9 PM for rentals.
- Dinner is on your own.
- We'll distribute ice tools at the cabin Friday evening.



AMC Boston Ice Program

Logistics: Weekend Two



Saturday, February 10

- **6 AM** wake-up call (unless you're told earlier!)
- **7 AM** all students due at Junction Diner for breakfast. Students will be assigned a leader at breakfast.
- **8 AM** carpool with students or leaders to your objective.
- Have a really awesome day climbing!
- **4 PM-ish** wrap up and head back to the Cabin.
- **6 PM** group dinner courtesy of our awesome assistants!
- **8 PM** giveaways, gifts, and merriment



AMC Boston Ice Program

Logistics: Weekend Two



Sunday, February 11

- 6 AM wake-up call
- 7 AM all students due at Junction Diner for breakfast. During breakfast, you will be assigned to a leader or small group. Our gear master will assign you new tools after breakfast is over.
- 8 AM Carpool with your group/leader to your objective.
- 4 PM check out party. Attendance is mandatory! Return tools here. Location will be announced before the second weekend.
- 6 PM IME closes.



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Logistics: The Harvard Cabin



- Parking is limited, please carpool and park perpendicular to street.
- Sleeping area is an open loft. You'll need a sleeping pad, warm sleeping bag, pillow, and ear plugs.
- Water is safe but it has a funky sulfur smell.
- The cabin gets VERY crowded. Pack minimally.
- The bathroom is an outhouse, (please put TP back in can).
- No shoes upstairs.
- There's a refrigerator and pantry you can use to store food.
- We strongly encourage students to stay at the cabin, but feel free to camp outside.



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Logistics: Navigating

IME

2733 White Mountain Hwy
North Conway, NH 03860

Harvard Cabin (44.182465, -71.227997)

Use *Washburn Way, Jackson, NH 03846* in your GPS and park in the lot to the right or left 500 feet past it coming from the south. The cabin is at the top of a small hill opposite the river, mostly obscured by trees.

Junction Diner

12 U.S. 302, Glen, NH 03838

Arethusa Falls (44.148231, -71.366239)

Leaving the diner, turn right onto 302W and drive 14.7 miles. The trailhead is marked by a small brown sign on your left. Park at the top of the hill.

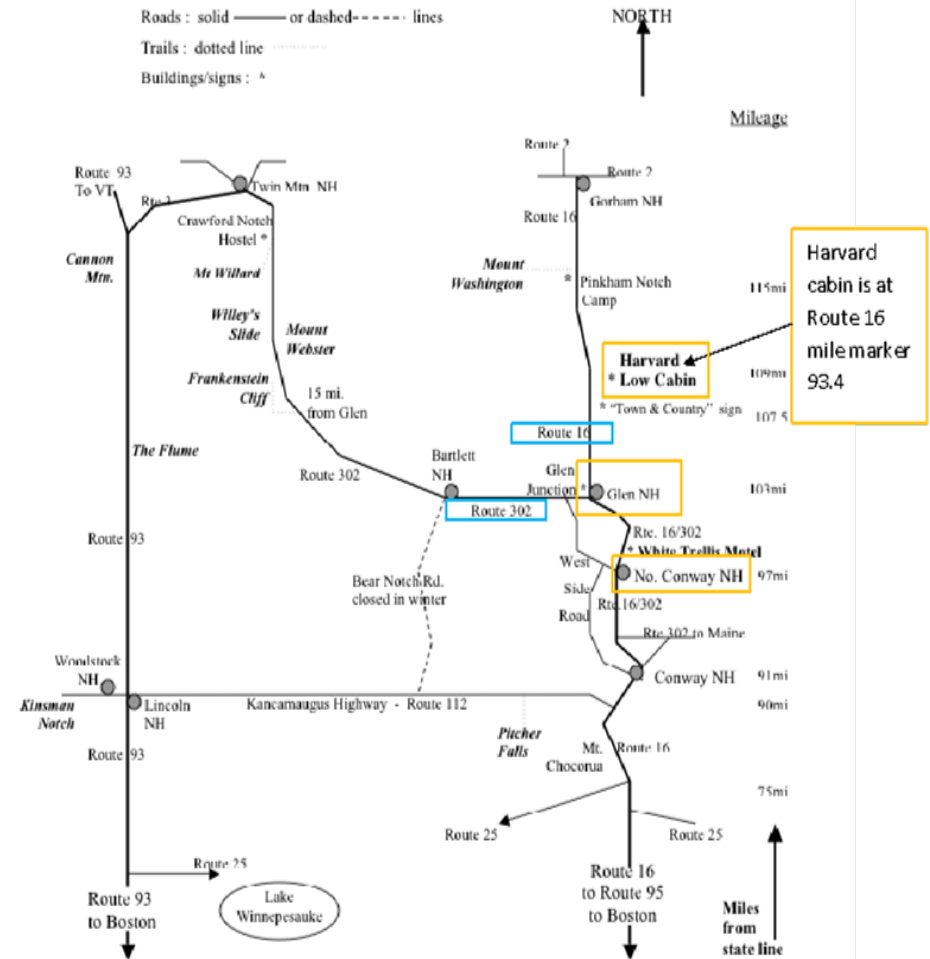
Directions to Harvard Low Cabin, and other important places:

Note: Ice climbing areas in ***bold/italicized*** text

Roads : solid — or dashed- - - - - lines

Trails : dotted line

Buildings/signs : ^





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Food: What to Eat and Drink

You know yourself better than us, but
this is WINTER...

Food

- You are what you (don't) eat
- Empty stomach = cold body
- Full stomach = warm body

Liquid

- You are what you (don't) drink
- Poor hydration = cold body
- Good hydration = warm body



Yum, so healthy! ...bad idea.



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Dressing for ice climbing: a battle against a thermometer

Simon's ice climbing temperature scale:

30-40°F – Darn Warm. Go rock climbing.

20-30°F – Very comfortable enjoy the day.

10-20°F – Decent, dress warm

0-10°F – Cold! Sure you want to be climbing? Dress warm!

<0°F – Sure you want to be climbing? The bar's warm.





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How to dress for ice climbing

- **Key points:**

- Don't invest much until you know you love ice climbing
- Experiment with different layering systems until you know how to stay warm without overheating.

- **Basics:**

- No cotton!!!!
- Wear synthetic or wool base layers
- Dress in layers for easy temperature regulation
- A warm core and head = a warm climber
- Eskimo's don't sweat. Dress light to avoid overheating.
- Women often need an extra layer
- Make sure your hat or equivalent works with a climbing helmet



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How to dress for ice climbing - Mike's Version



**Base layer
lightweight layer.
T-shirt optional for
added warmth**



**Long underwear
mid-weight long
underwear works
well**



**Mid-layer
100-200 weight
fleece. Pants
optional**

**Shells - soft shell or
hard shell. Helmet-
compatible hood is
essential!**





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How to dress for ice climbing - Alexa's version





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How to dress for ice climbing - the belay jacket



Down

- Very Compressible
- >Warmth:Weight
- Expensive
- Worthless when wet!

vs



Synthetic

- Compressible
- Typically heavier
- More affordable
- Insulates when wet!



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How to dress for ice climbing

Tips

- Buy cheap pants to start! You'll tear up your 1st pair
- Buy cheap gaiters! You'll tear up your 1st pair
- Experiment with layering systems on 1st weekend
- Test that your harness fits over your layers!! Seriously!!
- Jackets should have helmet compatible hoods!
 - Hoods increase warmth, dramatically.
 - Hoods keep you dry when ice/snow/rain is falling
- Gore-tex hard shell vs soft shell
 - Hard shells are slightly warmer because less breathable
 - Under equal exertion, you'll sweat more in a hard shell
 - If it's raining, you want a hard shell. If it's raining, do you want to be ice climbing?



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How to dress for ice climbing - gloves

- Gloves should be...
 - Well fitting
 - Warm, but not too bulky
 - Have most insulation on back of hand, not palm
 - Without excess space at fingertips
- Bring a pair of fleece/liner gloves for the approaches. They'll get wet but you'll have dry gloves for climbing.
- Bring at least 2 pairs for climbing
- Bring a warm pair for belaying. Mittens are okay. Make sure they have leather palms.
- Bring hand and toe warmers (for your hands). They're your friends!



AMC Boston Ice Program

Required Equipment

- Rent boots and crampons (for climbing, not hiking!)
 - Call IME or EMS in North Conway to rent boots and crampons
 - Get there in time to pick them up! Close at 9 pm on Friday, 6 pm on Sunday
- Back pack
 - Bring a backpack to carry your own gear plus some club gear (ropes, webbing, etc.)
 - A climbing pack is ideal, roughly 2000-3000 in³, 35-50 liters
- Personal climbing equipment: harness, helmet, belay device, biners, headlamp, 1-2 slings, etc.
- Food to eat during the day (Clif Bars, PB&J, trail mix...)
- Water bottle(s), thermos, etc. water bottle insulator



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Cabin Gear

- You will be sleeping on a hardwood floor.
- Bring a Thermarest, or sleep pad, plus a pillow.
- Ear plugs help drown out your snoring neighbor and are highly recommended
- Slippers – no shoes are allowed upstairs
- Water – The water is safe to drink but tastes of sulfur



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Required Climbing Equipment Checklist

	#	Item	Comment
	1	Helmet	You don't get to ice climb without one
	1	Harness	Make sure it fits over your layers
	3	Locking Carabiners	Used for anchoring, belaying, etc.
	1	Belay Device	Standard device required. GRIGRI's don't work well for icy ropes
	2-3	Slings	At least one 48" sling for anchoring yourself and other things
	2-4	Non-locking Carabiners	Can be on your slings
	1	Prusik loop	For rappel backup
	1	Backpack	35-55L
	1	Headlamp	Make sure your batteries are topped off (they don't like cold)
	2	Boots	Ice climbing boots
	2	Crampons	Make sure they are pre-fitted to your boots
	2	Ice tools	<i>Ice Program provides these for you</i>



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Optional Climbing Equipment Checklist

	#	Item	Comment
	2	Gaiters	Useful on snowy days and to protect your pants
	2-4	Ice Clippers	Very useful for racking screws and tools
	1	Crampon Bag	Useful to protect things inside your pack
	1	Micro Spikes	Very useful on icy approach trails!
	1	Tools / Spare Parts	For in the field repairs of equipment



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Optional Miscellaneous Equipment Checklist

	#	Item	Comment
	1	Camera	Take pictures and share them! #amcice
	2	Hand Warmers	
	2	Toe Warmers	
	1	Sunscreen	Snow reflects sun, protect your skin
	1	Goggles	Eye protection, most useful on Mt. Washington
	1	Sunglasses	Handy on sunny days
	1	First Aid Kit	Small kit probably sufficient
	1	Set of spare batteries	For headlamp
	1	Wag Bag	Shit happens
	2	Car Beers	Your partner(s) will thank you!



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Daily Clothing Checklist

	#	Item	Comment
	1	Shell pants	hard or soft
	1	Shell jacket	Hard or soft
	1+	Top midlayer(s)	Non-cotton; one or more, depending on cold tolerance
	1+	Bottom baselayer(s)	Non-cotton; one or more, depending on cold tolerance
	1+*	Underwear/sports bra	If you don't go commando, go non-cotton (also sports bra for women)
	1+	Top baselayer	non-cotton; one or more, depending on cold tolerance and the amount you sweat on an approach
	2+	Socks	Wool + liners if your feet sweat
	4+	Gloves (+ Mittens)	Bring lots; they can get wet and the screaming barfies are awful
	1*	Belay jacket	If you have one; if not, just bring lots of extra layers

** Not required*



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Cabin Equipment Checklist

	#	Item	Comment
	1	Sleeping Bag	0 – 20 °F bag. Friday nights are cold, Saturday night is typically warmer.
	1	Sleeping Pad	You'll be on the floor
	1	Pillow	
	2	Ear Plugs	25 people in a loft, someone's going to snore.
	1	Gallon of water	Cabin water is safe but tastes like sulfur. Bring your own.
		Alcoholic Beverage	If you're of age, you may want to indulge while at the cabin
	2	Slippers	No shoes upstairs; bring something comfy to lounge in