

## **Additional Intro. to Ice Climbing Details**

### Topics:

1. Styles of Ice Climbing
2. Types of Ice
3. Dressing for cold weather activity
4. Equipment
5. Efficient movement/ technique

### Objectives:

Upon completion, students in this workshop should be able to:

1. Properly dress to be comfortable before, during, & after climbing
2. Understand the difference between water ice and alpine ice
3. Explain basic difficulty grades for water ice climbs
4. Identify ice climbing specific equipment and understand the use of each item
5. Demonstrate basic movement/ technique for efficient ice climbing

**Difficulty/Skill Level:** Novice/ No Experience

**Duration:** 2 hours