

Day One:

- Lesson 1 Trip Planning: Weather, Conditions, Hazards - mitigation
- Lesson 2 Situational awareness
- Lesson 3 Environmental and route condition/changes
- Lesson 4 Introduction and overview of alpine rock anchors, terrain anchors and basic rock gear placement
- Lesson 5 Discussion on approach containing glaciers & snow slopes
- Lesson 6 Taking coils
- Lesson 7 Short Roping Fundamentals
- Lesson 8 Use of Terrain Belays, Body Belays and Gear Belays in alpine rock terrain
- Lesson 9 Alpine ridges: pitching, short pitching, counter balance belay ridge technique, simul-climbing
- Lesson 10 The Art of Efficient Alpine Transitions (situational awareness, recognizing and anticipating transitions- changing from roped, belayed, short roped and un-roped terrain)
- Lesson 11 Alpine rock climbing technique with alpine boots
- Lesson 12 Climbing an alpine ridge
- Lesson 13 Alpine rock route rappelling/lowers
- Lesson 14 Route finding
- Lesson 15 Maintaining flow
- Lesson 16 The light and fast technique- speed is safety
- Lesson 17 Choosing an appropriate alpine rock route
- Lesson 18 Conditions and weather research
- Lesson 19 Assignment: Next days route and trip plan
- Day Debrief & next days meeting time and place announced by guide

Day Two:

- Lesson 21 Approach a moderate alpine rock objective:

The goal of this day is to put into practice the alpine rock skills. We choose terrain will that maximizes skill application and terrain transition management. According to a participants comfort, ability, age, experience and under the supervision and leadership of the guide, participants may lead portions of the ascent.

**Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns."