- equipment list below -

Agenda

Day 0

1) Approach to the hut
2) Conversation with participants about the goals of the course, their own experiences, and their plans for the mountains.
2) Risk Assessment: glacier hazards, weather, terrain
3) Glacier Science: Formation and mechanics of crevasses.
4) Route Planning: Glacier navigation, path selection, movement tactics, navigation.

Day 1

1) Rope Shortening Techniques for team movement.
2) Middle Climber Attachment Methods (various configurations).
3) Snow Bridge Crossing Techniques:
   - Different crossing strategies in group (on way up, on way down)
   - Crossing snow bridges over wide crevasses ("telepherique technique").
4) Anchors and Stations on Ice: Ice screws, Abalakov threads (V-threads), ice bollards.
5) Movement on Ice: Techniques for varying angles (flat to 15°, 15–30°, 30–60°): ascending, descending, traversing.
6) Top-Rope Climbing (one ice axe, two ice axes, modern ice tools).
7) Lead Climbing with placed protection.
8) Multi-Pitch Descents: Techniques for group of two, additional for group with >2 climbers.
9) Ice Axe Techniques on snow slopes.
10) Self-Arrest on snow slopes:
  - Face down/feet first.
  - Face up/feet first.
  - Face down/headfirst.
  - Face up/headfirst.

Day 2

Self-Rescue from a Crevasse
1) Ascending a Rope using friction knots (e.g., Prusik, Klemheist), with cordelettes and slings.
2) Ascending a Rope with friction knots + Garda hitch, or using a belay device in "autoblock" mode.
3) Mechanical Ascenders (e.g., T-block, Micro Traction, etc.).
4) Passing a Knot while ascending.
5) Exiting Over a Cornice during ascent.
6) Pulley Systems: 2:1 and 6:1 mechanical advantage setups.
7) Pulley Systems: 3:1, 5:1, and 7:1 configurations
8) Pulley Systems: different auto-blocking systems
9) Route Planning: Glacier navigation, path selection, movement tactics, navigation.

Day 3

Team Crevasse Rescue (3+ Climbers)
1) Group Response Protocol for a fallen climber.
2) Practical Training: 3-person team rescue scenarios.

Day 4

Crevasse Rescue in group of two:
1) Response Protocol for a two-person team.
2) Practical Training: 2-person team rescue drills.
3) Approach to the parking

Equipment list

Clothing

- Mountaineering boots
- Waterproof hardshell jacket and pants (Gore-Tex or equivalent)
- Insulated down or synthetic jacket
- Gaiters (if pants don’t have built-in ones)
- Gloves (multiple pairs) + warm hat
- Base layers (merino wool or synthetic)
- Mid-layer fleece or softshell jacket
- Spare clothes for hut/camp (thermal underwear, socks, etc.)

Mountaineering Equipment

- Climbing harness
- Helmet
- 2 x HMS carabiners
- 2–3 x locking carabiners (screwgate)
- 3–4 x alpine quickdraws (60 cm sling + 2 non-locking carabiners)
- Accessory cord (6 mm): 1.5 m, 2 m, 4 m lengths (+ carabiners for carrying). Optional: Kevlar/Dyneema core (can be 5–6 mm for reduced weight).
- 2 x 120–180 cm slings (+ carabiners for carrying)
- Belay device (e.g., ATC Guide, Petzl Reverso, or similar)
- Crampons (must fit your boots perfectly—check compatibility!)
- Ice axe (classic, 50–70 cm depending on height)
- 2 x ice screws (14–18 cm)
- T-block + Petzl Micro Traxion/Edelrid Evoc + small pulley (if you don’t have these, no need to buy yet—try them during the course first)
- Single rope (1 per 2 people, ~50–60 m, dry-treated would be better)

Additional Gear

- Backpack (30–50 l)
- Sunglasses (category 3–4, UV protection)
- Sunscreen (high SPF, lip balm with UV protection)
- Water bottle (1 l) or thermos + energy snacks (high-calorie, easy to eat at altitude)
- First aid kit (blister care, painkillers, bandages, etc.)
- Headlamp (with spare batteries)
- Sleeping bag liner (for huts)
- Navigation tools: topographic map or smartphone with app (Gaia GPS, mapy.cz, etc.) + power bank
- Trekking poles (collapsible, with snow baskets)
- Climbing insurance (or DAV membership card)