

Winter School

February 2009



Presented by: Yale Outdoors, Yale
Mountaineering Club, and Forestry Outing
Club

February 2, 2009

So what is Winter School?

- Winter School is the Yale outing clubs' way of helping the Yale community have *fun* and be *safe* outdoors during New England winters. It is oriented towards people of varying experiences and abilities, and is designed to minimize the cost to participants.

Together we will cover:

Hiking – Snowshoeing – Camping – Standing – Falling –
Ice Climbing – Cross-country Skiing – Backcountry Skiing

Winter School Goals

Upon completion, students should know:

- Many ways to have fun in the winter
- What to wear and bring (plus how to use it)
- Wilderness ethics
- How to be safe and sane
- Where to go
- Other people to go with

Course Pre-requisites

1. Common sense!
2. Basic clothing
3. Essential gear
4. Mild weather experience preferable—not required
5. Willingness to listen to trip leaders
6. Willingness to acknowledge your limits

Top Five Reasons To Do WS

1. You hate hypothermia.
2. Mountains under snow make you drool.
3. New Haven winters suck your soul.
4. Eat anything you want. (Yummm butter)
5. You like people who, like you, like winter.

How does this work?

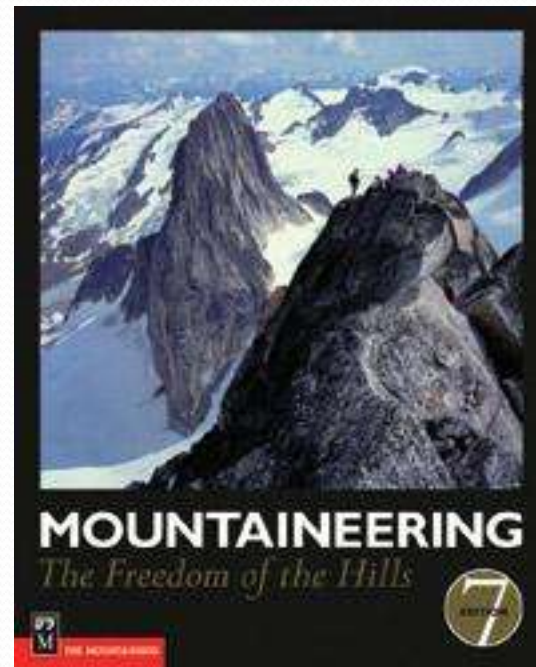
- Two evening lectures per week
 - MW 7:30pm – 9:30pm (Dunham 220)
- Trips every weekend
 - Entirely optional
 - Attendance at lecture is required to go on trips.
 - Trips are announced early in the week, signup is online Wed-Thurs, and organization and gear rental is Thurs evening.
Signup: yalemountaineering.org/trips.aspx
 - Lectures are free; trips are not:
 - Outing club membership (\$10), gas money, trip fee (\$5), and gear rental.

Optional Text

- *Mountaineering: Freedom of the Hills*, 7th Ed. The Mountaineers.

6th edition: New Haven
Public Library

7th ed: used on
Amazon.com \$18



Wait, what's this going to cost?

Trying to keep it *cheap*

- One time:

- Lectures: Free!
- Yale outing clubs membership: \$10
- Personal clothing: Varies—at least \$100, starting from scratch

- Per Trip:

- Trip Fee (USFS fees, group gear, etc.): \$5
- Gas money: \$20 round trip for most of southern New England (paid to driver directly; more for northern New England)
- Gear rental: \$5-\$20, depending on the trip and what you need

Who is teaching this?

- Lectures developed and delivered by experienced members of the Yale outing clubs.
- Lecturers and Trip Leaders have demonstrated practical skills, outdoor leadership, and good judgment. Every trip has a person certified in Wilderness First Aid or better.
- We are NOT professional guides or certified instructors.

Yale Outing What?



MIT Outing Club: THANK YOU



February 2, 2009

Yale Winter School 2009

Lecture Agenda

- Lecture 1
 - Mountain weather
 - Food and water
 - Clothing
 - Basic gear
 - Backpacks
 - Winter driving
 - Cheap gear sources

Lecture Agenda

- Lecture 2
 - Winter hiking basics
 - Crampons and ice axes
 - Peeing in the woods/hygiene
 - Navigation
 - Winter School policies and rules

Lecture Agenda: Future Weeks

- Week 2
 - Overnight in winter
 - Ice climbing
 - Cold-weather health
- Week 3 (Water Week)
 - Skiing
 - Avalanches
 - Glaciers
- Week 4
 - Expeditions
 - Advanced topics
 - What next

Where?

“The Green Mountains end in West Rock in New Haven, the White Mountains in East Rock. All trails lead to Yale!”

--Prof John Ritchie, 1917



FAQs

- Do I need previous experience?
- What do I need to buy? What can I rent?
- How safe is safe?
- How many trips do I have to go on?
- What if I don't have a car?
- Do I have to join the outing clubs?
- What lectures do I need to attend?
- Will these lectures be posted somewhere?
- How can I get trained in first aid?