



# Explorers Club of Pittsburgh Mountaineering School Application

## Expectations

The ECP Mountaineering School will introduce participants to the basic information and skills of **mountaineering and alpinism**.

Mountaineering is a time-consuming, expensive, physically and mentally demanding sport. It is the combination of backpacking, camping, navigation, climbing, and surviving the elements among many others. The amount of gear required to be even basically comfortable is significant. You will spend a lot of money to pursue this sport - maybe \$1000, maybe \$3000 in just your first year. You will train hard, study hard, plan, travel, and spend time not only in the school, but to actually go on mountaineering trips. Be prepared to prioritize your life (money- and time-wise) to accommodate this sport.

Think this through and be honest with yourself that you intend to truly commit to the time, hard work, and expense that successful participation in this school requires. This is not a diet or exercise program that only lasts a little while. Mountaineering is a Lifestyle!

## Eligibility

You must be or become an ECP Member. See [www.pittecpc.org](http://www.pittecpc.org) for details.

An assessment of your climbing skills and physical fitness is required prior to being accepted as a student. You must be competent in basic rock climbing skills (ECP Rock Climbing School or equivalent), including, for example, tying basic climbing knots, belaying, rappelling, and setting top rope anchors. You must have a reasonable level of fitness before the school starts. The fitness training and outings in the school will prepare you for the hard work of mountaineering, but you must be reasonably fit to start. If you are unsure if you are qualified, come to the introduction party and speak with an instructor.

**Be committed!** (See Expectations) The number of students accepted into the school will be limited for everyone's benefit. Students must try to get out as much as the Instructors put in!

## Some Details

All students and instructors must maintain current membership in the ECP and sign a liability waiver.

The Mountaineering School Fee is **\$165.00 (returning students \$115)**, to be paid by check. If you are not accepted, your check will be returned. An additional **\$50 gear deposit** is required with your application, and will be refunded upon return of your equipment in good working condition. Note that you will also be responsible for your personal transportation and lodging costs for some trips (e.g. the graduation trip).

Students are required to purchase two books: Mountaineering – Freedom of the Hills by The Mountaineers and Alpine Climbing: Techniques to Take Your Higher Travel by M. Houston & K. Cosley. There will be reading assignments and quizzes based on the reading. Students will be expected to keep up with the required reading and homework, participate in class discussions, and to perform scheduled fitness tests to minimum standards to remain in the school.

Students will be invited to go on the graduation trip only if sufficient progress has been demonstrated in the school. This is a safety issue. Students will also be evaluated and will be given a pass or fail grade after the graduation trip.

Non-students who are club members may participate in selected outings on a limited basis; in each case the Mountaineering School Directors must grant permission.

Submit the following two-page form (keep this sheet for yourself), signed waiver, and check for \$215 (\$165 for returning students) (made out to: Explorers Club of Pittsburgh) no later than **October 6, 2011** to:

**David Martin, 550 Peebles Street, Pittsburgh PA 15221**

You may also bring it to an ECP General Meeting (if applicable). Your application will not be complete without all three items. Visit us on the web at <http://mountain.pittecpc.org/> for more information than you can handle!

**APPLICANT**

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

Phones \_\_\_\_\_ Cell | Home | Work (circle) \_\_\_\_\_ Cell | Home | Work

E-mail (required) \_\_\_\_\_

**EXPERIENCE**

*Provide as many details as possible. Where appropriate, indicate if it was formal instruction, courses, training, self-taught, etc. Put an asterisk and write on the back if necessary.*

**BACKPACKING** number of years/trips, longest trip, longest mileage/time, highest altitude, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CLIMBING** (rock and/or ice) years experience, specific locations, climbs, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CLIMBING EDUCATION** How did you acquire your basic rock climbing skills?

\_\_\_\_\_

Able to LEAD climb technical rock or ice. If so, what level (grade) are you comfortable:  
Traditional Rock \_\_\_\_\_ Sport Rock \_\_\_\_\_ Ice \_\_\_\_\_ Mixed \_\_\_\_\_

**MOUNTAINEERING** Non-technical/technical scrambles, glacier or snow travel, high altitudes, specific routes, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NAVIGATION** Indicate any actual navigation with map & compass, GPS, or just following established trails.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MEDICAL AND FIRST-AID** List any training or certifications

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**OTHER** Indicate any camping, skiing, biking, running or other activities that may apply

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**EQUIPMENT & SIZING**

Please list any backpacking & mountaineering equipment you already own or are sure you can borrow. This does not have to be a comprehensive list, but we're interested in things like boots (hiking & mountaineering), crampons, axes, stoves, tents, sleeping bags (with rating) and so on, so we have an idea of what you have and what you will need to get (buy, borrow, rent, etc). The club has a limited selection of equipment available for student use, but availability is not guaranteed.

**BACKPACKING & MOUNTAINEERING EQUIPMENT:**

---

**SHOE/BOOT SIZE:** \_\_\_\_\_ (sizing for possible borrowing of limited ECP boots/crampons)

**HEIGHT:** \_\_\_\_\_ (sizing for possible borrowing of limited ECP glacier axes)

**PHYSICAL CONDITIONS**

Rate your physical conditioning (1 = Couch Potato, 5 = Animal):

Aerobic \_\_\_\_\_ Strength \_\_\_\_\_ Carry heavy packs up hill for hours \_\_\_\_\_

Do you have any medical conditions or past injuries you think we should know about?

---

---

**INTERESTS**

**MOUNTAINEERING GOALS** List any specific mountaineering goals (climbs, peaks, traverses, hit lists, countries, continents, hemispheres, altitudes) and when and why they developed

---

---

**INSPIRATIONS** Any outdoor adventurers, peers, or professionals that you consider as inspirations

---

---

**EDUCATION** List any novels, guide books, educational books, periodicals that you own and if read

---

Check all that apply:

Undergrad Student  Graduate Student  Professional/FT Employed  Other: \_\_\_\_\_

- I have:  Mattress stuffed w/cash  Credit card w/no limit
- I am:  Goal-oriented  A workaholic