

# Companion Rock Rescue

American Alpine Institute, TBD

**Date: June 6, 2018**

**Time: 8:30 -16:30**

**Location: Windy Point Slabs**

**Cost: \$140.-** (including transportation and *all* meals for the day)

## Course Outline:

- Safe rappel and lower
- Tying off belays and lowers
- Escaping belays
- Efficient techniques for rescue, raise and lower
- Improvised anchors

## Prerequisite Skills:

- Basic climbing knots
- Belaying
- Two-point anchor
- Rappel with a backup safety

## Required personal gear:

Climbing helmet, harness, belay/rappel device, 6 non-locking carabiners, 4 locking, 1 double shoulder-length (48 inch) nylon runner, 1 autoblock cord (3-foot, 6mm cord tied in a loop), 1 cordellete (6-7mm, 21-feet), eye protection recommended

