

Technische fiche Ervaringsstage Bergbeklimmen

This week of internship takes place around the Silvretta Group.

It is a perfect area for glacier and rock ridge and consolidation what has been learned.

Summits: Piz Buin, Drei Länderspitze, Ochsenkopf,

PURPOSE OF THE INTERNSHIP

This internship week is intended for those who have already completed a beginner's internship to become an independent mountaineer (or similar by motivating experience) and who want to apply the learned knowledge and skills in practice under supervision. The climbs are prepared by the group itself and chosen by mutual agreement. Also locally, the emphasis is on experiencing yourself, taking initiative and learning to make decisions, whereby the internship supervisor provides extra training on request to refresh certain techniques.

We choose climbs of different character (both real rock climbs and mixte / snow / ice are discussed) and the alpine level is maximum 'Peu Difficile', on (partly) equipped rock we look at what is feasible for everyone.

PROCEEDINGS OF THE INTERNSHIP

The internship will take place around the Silvretta (Austria). The participants arrive at the campsite on Saturday. This is reserved in advance by the internship supervisor. It is a perfect area to combine rock and glacier.

The next morning it is agreed to be ready from 8:30 am. We leave upstairs and from then on stay in mountain huts. The continuation of the program is established in consultation with the participants and the climbs are prepared by the participants themselves (per 2).

CAMPING Place: Camping Gaschurn Nova www.campingnova.at

MEETING POINT: Hotel Piz Buin (Parking) Bielerhöhe 11.00
Silvretta Hochalpenstraße (Maut) www.silvretta-bielerhoehe.at

WIESBADENER HÜTTE: www.wiesbadener-huette.com

For the hut you need: (Corona rules Oct. 2020)

- Warm sleeping bag (no blankets at the hut)
- Pillow cover
- Mouth and nose guard

LAST REGISTRATION DATE

Registrations will close on (unless fully booked earlier). The participants will receive the latest information on the preparation weekend.

CONDITIONS OF PARTICIPATION It concerns an experience internship with an emphasis on rock experience, therefore there are some specific participation conditions (in addition to the general conditions of participation):

- Have previously completed a beginner's mountaineering training course (if this is not the case, you can check with the supervisor whether your experience acquired elsewhere is sufficient).
- Have Climbing Proficiency Certificate 3 for outdoor rock climbing.
- Be at least 18 years old before the internship starts.
- Be in good physical and mental condition. Mountain tours with more than 1000 ascents are no problem for you, nor do 8 hours of physical exertion.
- KBF membership (must be in order by the time of preparation)

LAST REGISTRATION DATE

There is room for 6 participants in each internship period. The registrations per internship period are closed after 6 registrations (full). It is also possible to leave someone on a reserve list.

TERMS OF PARTICIPATION

- Good physical condition is necessary, as is being free from vertigo.
- Previous climbing experience is not necessary, but recommended: through climbing school or internships you can obtain climbing skills certificate 3 - outdoor lead climbing.
- Be in good physical and mental condition. Mountain tours with more than 1000 ascents are no problem for you, nor do 8 hours of physical exertion
- It is important that you have good walking technique and already have some mountain hiking experience.
- Be at least 18 years old before the start of the internship, or at least 16 years old if accompanied by an adult family member and after telephone consultation with the internship management.
- KBF membership for 2022 (must be in order by the time of preparation at the latest)
- We also require a social and flexible attitude.

The conditions of participation are checked at the preparation moment.

GUIDANCE These internships are guided by International Mountainguide (UIAGM) Wolfgang Hackel is an international mountain guide and at the age of 59 has loads of experience in the mountains. His base camp is Caprun where he lives with his wife and daughter. "Wolfi" is also a Ski Instructor, "Hüttenwirt", Trainer-Ski, cook and helicopter pilot. Wolfgang can also speak Dutch and English well. With his experience, he can not only teach you the techniques of mountaineering, but also give you an insight into life in the mountains.

INSURANCE

As a KBF member you benefit from the UNIQA insurance package. The UNIQA package is a full travel assistance insurance that, in addition to your mountaineering activities, also insures all your leisure activities. It is one of the very best mountain sports insurance in Europe.

The full policy can be found at www.klimenbergssportfederatie.be. If you have any questions about the policy, please contact the KBF secretariat at info@klimenbergssportfederatie.be or on 03/830 75 00.

WHAT DO YOU TAKE WITH YOU?

A few weeks before the start of the internship, we invite all internship participants for a preparation moment in the Biover Sport climbing hall in Ghent. We will let you know this date in good time after registration. During the preparation moment we go through all the equipment and clothing. If you still have doubts about purchasing or renting, wait until after the preparation moment. As a trainee, you can rent or purchase the helmet, piolet, crampons, ice-creams or the rope cheaply through the Biover Sport climbing hall in Ghent (to which Bleau Climbing Team is affiliated). Reservations and orders can be made at the time of preparation.

Technical equipment:

- helmet
- 3 auxiliary ropes (5 mm) 2 x 5 Meter, 1x 1Meter
- climbing harness
- 4 screw cargos of which 1 safebiner (trilock)
- 3 regular carabiners
- minimum 4 sets, you can bring more if you have some
- 1 ice screw of minimum 19 cm
- Bandschlingen : 2 long (120 cm), 2 short (60 cm)
- 1 fuse device eg Reverso 3, ATC Guide
- mountain boots: preferably a leather type D, but a sturdy and crampon-resistant type C is also good. Type B or plastic D shoes are not okay. To avoid blisters, it is best to walk in the shoes beforehand with two long walks.
- 1 piolet of the 'T' type (so no 'B' piolet)
- crampons with antitob, gotten
- Any Friends and Nuts
- a single rope (40 – 50 m) per two people
- small backpack (30-40 L)

Clothing during the tours:

- 2 sets of stockings (1 set on at the start, 1 set as a spare) (test your personal, ideal combination of stockings in your hiking boots and make sure you have 2 sets)
- climbing / trekking pants and rain pants, or wind and rain resistant climbing pants
- synthetic or woolen thermal t-shirt pullover (no cotton t-shirt because it dries slowly and keeps the moisture on your body)
- warm fleece (preferably with a zipper that can be opened completely)
- solid and breathable rain jacket (also as protection against the wind)
- 2 pairs of gloves or mittens (of which at least 1 pair is water-repellent / windproof)
- hat and possibly scarf
- glacier goggles (UV protection factor 4), possibly a spare pair of sunglasses
- sun cap

Others:

- sun cream (sufficiently high factor)
- lip cream
- frontal lamp (a light model that does not shine far away is sufficient)
- pocket knife
- possibly a camera
- toiletry

FIRST AID:

- disinfection supplies, plasters, sports tape ...
- something against blisters (Compeed...)
- after-sun
- painkiller (Paracetamol ...)
- rescue blanket
- possibly personal medication

Miscellaneous:

- compass
- pencil and some paper
- card Alpenvereinskarte Silvretta 26

- identity card, KBF membership card (for discount in the cabins)
- Money: CASH ONLY !!!!!!!!!!!!!!!

Provisions:

In the huts we get breakfast in the morning and a warm meal in the evening. So you only have to provide some food for during the daytime tours. This ration can, for example, consist of one or more of the suggestions below:

- bread
- a piece of "hard", "aged" cheese
- chocolate, Twix, Lion, Mars, Snickers ...
- Granny, Sultana ...
- nut mix, dried fruits, raisins, dried tomatoes ...

Beverage:

Drinking bottle, water bag or thermos bottle.

With regard to the drink supply for the day, you can choose between the following options every day:

- have your drinking bottle filled with hot tea (half board)
- have your drinking bottle filled with hot water (for a fee) and make your own tea
- fill your drinking bottle with water and any powdered sports drink you brought with you

For the cabin: It is not really cold in the cabins. You need little or no extra clothing in the cabins.

- possibly extra, very light pants
- possibly a maximum of 1 t-shirt
- possibly a maximum of 1 (thinner) fleece
- possibly a mini towel
- sheet bag (there are only blankets in the cabins, and in some cabins it is mandatory)

earplugs (not necessary, but we all sleep together in one room ...)

TRANSPORT TO AND BACK AND ON SITE All participants are responsible for their own transport to the internship location. Count on at least a 10-hour drive from Brussels. Of course, during the preparation moment and in advance, it can be mutually agreed to drive together via carpooling.