

ATS

3-DAY CANYONEERING SCHOOL

Meeting Location and Times

Each day of the course will meet at various Sport Chalets in the La Canada, Pasadena, and Glendora area. The start time of the course will vary between 7 and 8 in the morning depending on time of year. Each course will run until, and often past sunset.

The specific meeting locations and times will be emailed out just prior to the course start, along with the contact info for your guide.

Local Accommodations

There is camping available nearby at Bonelli Park
http://parks.co.la.ca.us/frank_rpark.html

For local hotel options, we suggest any hotel in the Arcadia area including the Hampton Inn, the Embassy Suites, or the Residence Inn.

To-Bring List

Each item listed below is **Mandatory!**

1. 1 pair sturdy "CLOSED TOE" hiking shoes.
2. Thick synthetic or wool socks "3 pairs" ~ NRS Sealskinz recommended
3. Fleece pants as a "base layer" ~ 100 weight or greater
4. Long sleeve fleece top "as a base layer"
5. Kayaking "splash pants" ~ NRS rock pant recommended.
6. Kayaking "splash top" shell jacket ~ NRS endurance jacket recommended.
7. Beanie for your head
8. Day backpack with waist strap
9. "High caloric" lunch, e.g. peanut butter & jelly, snickers bars, trail mix etc.
10. Energy type drink
11. 3 liters of drinking water per person per day
12. Any prescription medications
13. Extra pair of contact lenses or eye glasses
14. Dry bag for all items that you don't want to get wet
15. After canyon clothes. (Dry fleece top, jacket, beanie, extra dry shoes & socks etc...)

Optional items:

1. Camera: we will be around lots of water so be careful!
2. Gaiters for your legs ~ Black Diamond GTX Front Point recommended
3. Personal climbing harness
4. Personal climbing helmet
5. Personal rappelling equipment

We provide the outer layers, backpacks, and drybags if you do not bring your own. However, you must provide your own base layers.

Note: We highly recommend buying a pair of 5.10 shoes before the course begins. For referrals on the best model to buy, please contact us ahead of time.

Meals

You must provide your own meals and drinks during the three days. Often, we go out as a group for dinner each night.

There is an optional evening seminar at dinner on the second night covering antique and misused gear and anchors.

On cooler days, we provide thermos' of coffee and hot chocolate.

Knots To Learn

In order to be fully prepared for the course, we ask you to learn the following knots. All these knots can be found on the website www.animatedknots.com.

1. Figure 8 "on a bite" and follow-through
2. Clove Hitch
3. Water knot (for webbing)
4. Double Overhand Fisherman
5. Girth Hitch
6. Overhand Knot "on a bite"

General Fitness

This is an intensive course that includes three separate full-day canyon descents. These descents can potentially involve many miles of hiking on uneven terrain while wearing a heavy pack. General pre-conditioning is suggested. Prior to the course, get outside and throw a pack with some weight on and do hiking around your area in increasing distances. Please arrive rested and well-hydrated on the first day of the course. For specific conditioning and fitness questions, please contact us directly.

Thanks!

info@alpinets.com