

# RULES FOR STREAM CROSSING

## FAST WATER:

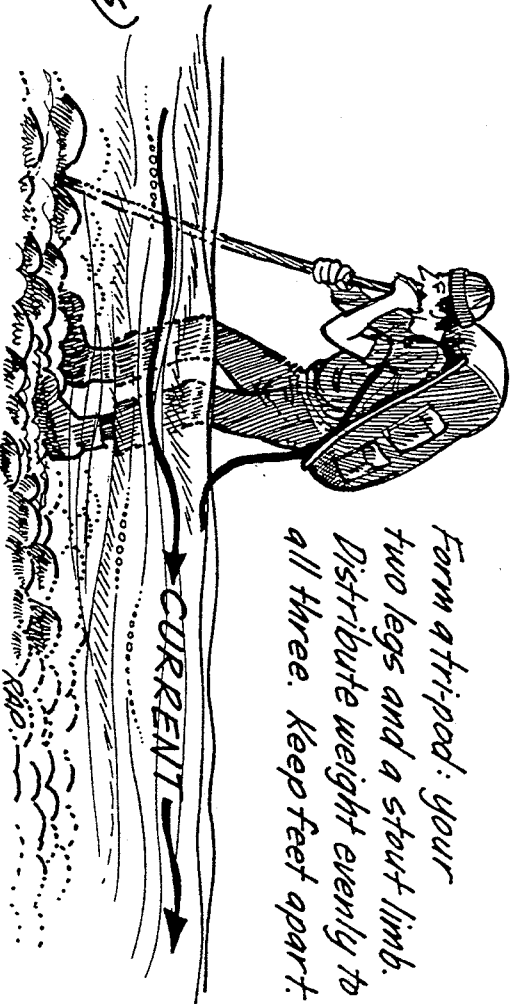
- Release pack waist strap
- Use stout limb as 3rd leg
- Keep boots on
- Face upstream
- Use limb upstream
- Side-step across at 45°

KEEP EYES ON LOG OR  
STEPPING ROCKS.  
RIPPLED, SHALLOW WATER BEST.

*Form a tripod: your  
two legs and a stout limb.  
Distribute weight evenly to  
all three. Keep feet apart.*

## DEEP WATER:

- Find narrowest place
- Take off pack (float it across)
- Lean & face upstream
- Side-step across at 45°
- Use hand rope if possible
- Use limb for balance



STEP BETWEEN ROCKS, THEY CAN BE VERY SLIPPERY.

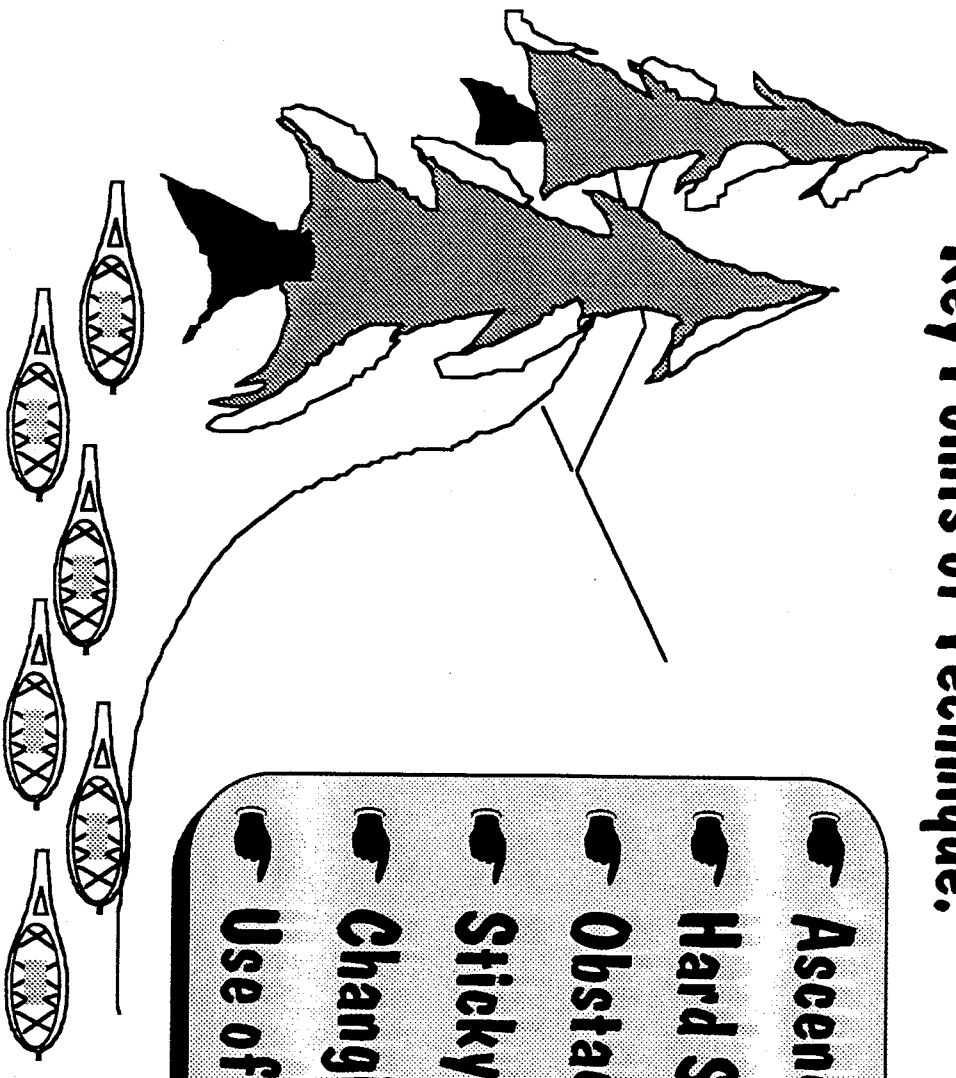
WADE, BOULDER HOP, SWIM WITH CURRENT, USE A FOOT LOG.

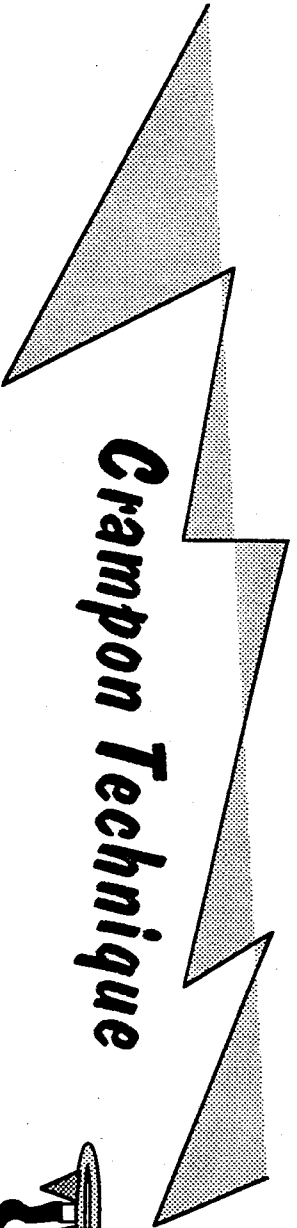
# *Snowshoeing*

**A striding technique that is a loose kneed rocking gait is best**

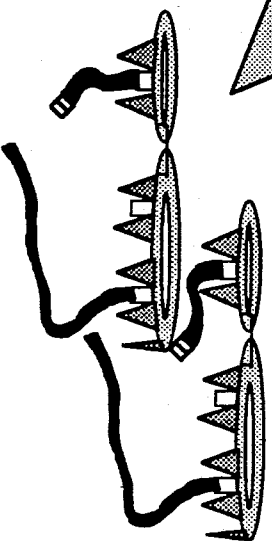
**Key Points of Technique:**

- **Ascending & Descending**
- **Hard Snow**
- **Obstacles**
- **Sticky Snow**
- **Changing Direction**
- **Use of Poles**





## *Crampon Technique*



### **Key Points in Technique:**

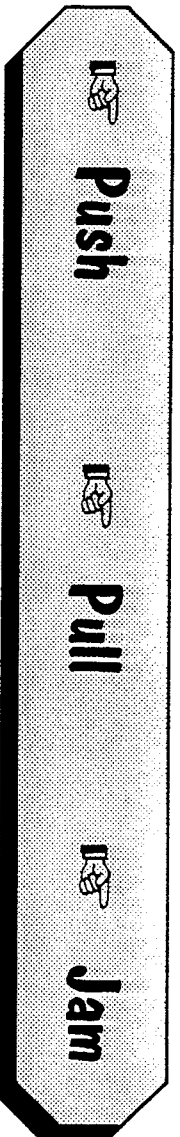
- ✓ **Fitting and Wearing the Crampons**
- ✓ **Ascent and Descent**
- ✓ **Flatfooting**
- ✓ **Sticky Snow**
- ✓ **Changes in Direction**

# Climbing...

## Key Points in Technique:

- Balance
- Body Position

## Basic Type Holds:



## Variations & Combination Holds:

- ◆ Counterforce
- ◆ Underclings
- ◆ Chimney Climbing
- ◆ Layback
- ◆ Mantling
- ◆ Friction Climbing

# BEACH TRAVEL CONSIDERATIONS

- CHECK YOUR TIDE TABLE
- SHELTER, CAMP LOCATIONS, FRESH WATER
- ADEQUATE CLOTHING
- CHECK WEATHER FORECAST
- DISTANCE FROM ROAD
- RESERVATIONS & PRIVATE LAND
- SLIDES FROM BEACH CLIFFS
- RIP TIDES, DROP OFFS
- UNUSUAL WAVE ACTION

