

Petra Cliffs Mountaineering School Program Welcome Packet



Welcome!

Thank you for choosing a Petra Cliffs program. Petra Cliffs staff members and guides are working hard to offer the very best in climbing and mountain sports instruction and we look forward to helping you meet your goals. **You will receive an email confirmation for your registered program.**

Please note that any changes or cancellations to your registration may incur a \$50 administrative fee. If for any reason, you must cancel your registration, you will receive a full refund if cancellation occurs up to two weeks before the program start date. If cancellation occurs less than two weeks before the start of the program, you can either receive a refund for 50% of the payment (minus an administrative fee, if applicable) or reschedule for a different date (\$50 reschedule fee). If cancellation occurs less than 48 hours before the start of your program, or if you do not show up on the day of the course, full payment will be forfeited. This cancellation policy is in place to ensure that we can guarantee consistent work and pay for our guides.

If Petra Cliffs must cancel your program due to current conditions or dangerous weather, we will either (1) pivot to working indoors at Petra Cliffs, (2) reschedule at no additional cost, or (3) refund your payment in full. Programs will run in most conditions; if needed, programs will alter destinations as some climbing areas stay more protected during inclement weather compared to others. If the weather becomes excessively foul while a program is underway, programs can pivot to moving indoors at Petra Cliffs or working on rope or technique skills under a sheltered outdoor area. There are many options for adapting program itineraries based on the weather while still getting good value from your time and guide.

In your emailed booking confirmation, please follow the links to complete your Outdoor Waiver and Health History Form. You will find Winter and Summer packing lists on the following pages. Please do not hesitate to call or email outdoor@petracliffs.com with any questions about your program or equipment.

Your guide will be in touch with specific program details, meeting location, and time. We look forward to meeting you and sharing an outdoor adventure! We hope you have an amazing time and learn more than you expect.

Again, thank you for choosing Petra Cliffs.

A gratuity to your guide at the end of a good day is always appreciated. See our guide to tipping at www.petracliffs.com/mountaineeringschool/resources

Petra Cliffs Mountaineering School

105 Briggs Street, Burlington, VT 05401 | (802) 657-3872 | www.petracliffs.com | outdoor@petracliffs.com

Petra Cliffs: Summer Program Packing List

+ Optional
* Can be provided
by Petra Cliffs

Backpack

- Large day pack
(large enough to fit extra layers, food, water,
and gear ****School book bags are too small!****)

Headwear

- Insulating hat, wool or fleece
(that will fit under a helmet—no balls on top!)
- Sunglasses
- Brim hat or baseball cap

Personal Gear

- Lunch and extra high energy snacks
- Chocolate (and extra for your guide ☺) +
- Water bottles: 2 Liters
- Sunscreen, spf 20 or greater
- Lip balm
- Camera +
- Cash for guide tip (Venmo works great too!) +

Torso

- Baselayer sports bra, wool or synthetic
- Shirt, wool or synthetic
- Long-sleeve sun shirt
- Warm layer: sweater/fleece or insulated jacket
- Outer layer waterproof shell or rain jacket

Legs

- Baselayer briefs, wool or synthetic
- Hiking pants (or similar lightweight pant)
- Rain pants +

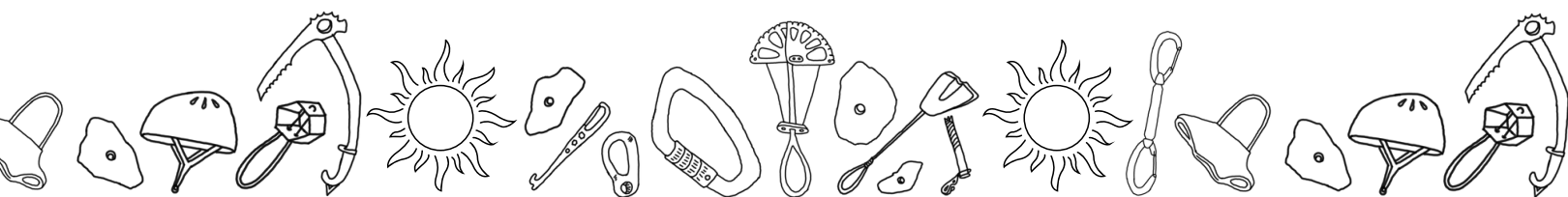
Feet

- Durable close-toed hiking boots or sneakers
- Socks, wool or synthetic

Technical Equipment

- Helmet*
- Harness*
- Climbing shoes*

*All technical
equipment can be
provided by Petra
Cliffs, however feel
free to bring your own
personal equipment.



Petra Cliffs: Winter Program Packing List

+ Optional
* Can be provided
by Petra Cliffs

Backpack

- Large day pack
*(large enough to fit extra layers, food, water, and gear **School book bags are too small!***)*

Headwear

- Insulating hat, wool or fleece
(that will fit under a helmet—no balls on top!)
- Balaclava or face mask
- Sunglasses

Hands

- Insulating gloves, wool or synthetic
(should be warm and waterproof)
- Heavy-weight gloves, wool or fleece
(should be warm and waterproof)
- Light-weight liner gloves, wool or synthetic +
- Waterproof/breathable shell gloves +

Personal Gear

- Lunch and extra high energy snacks
(food that won't freeze—pb & j or leftover pizza are classics; cliff bars and similar will be rock solid)
- Chocolate *(and extra for your guide ☺) +*
- Thermos with a hot beverage
- Insulated water bottles: 2 Liters
(an extra wool sock is a good insulator)
- Sunscreen, spf 20 or greater
- Lip balm
- Camera +
- Headlamp +
- Hand/Foot warmers +
- Cash for guide tip *(Venmo works great too!) +*

Torso

- Baselayer sports bra, wool or synthetic
- Baselayer long-sleeve shirt, wool or synthetic
- Insulating sweater, wool or fleece
- Insulated jacket w/ hood, down or synthetic
(this is a superb layer to put on when you are not active)
- Outer layer breathable/waterproof shell jacket
- Extra insulating layer such as light-weight jacket or vest +

Legs

- Baselayer briefs, wool or synthetic
- Baselayer tights, wool or synthetic
- Insulating pants, wool or fleece
- Outer layer waterproof/breathable ski pants or bibs

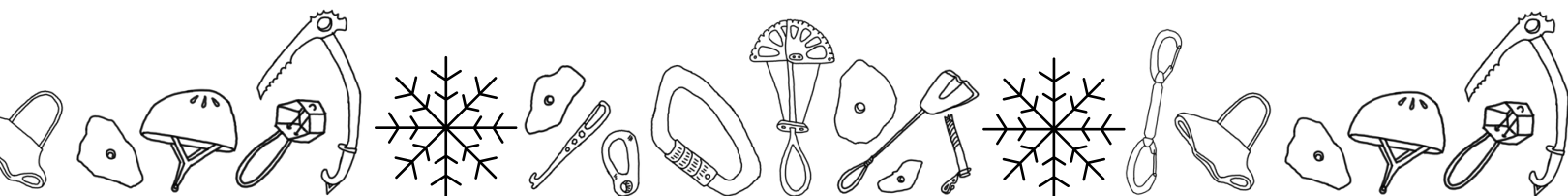
Feet

- Heavy-duty hiking or winter boots
- Liner socks, wool or synthetic
- Heavy-weight socks, wool or fleece
- Gaiters
(should fit around entire calf and over a plastic ice climbing boot plus pant layers) +

Technical Equipment

- Helmet*
- Harness*
- Ice Axes*
- Ice climbing crampons*
- Mountaineering boots*

*All technical equipment can be provided by Petra Cliffs, however feel free to bring your own personal equipment.



CLOTHING FABRIC INFORMATION

Wool: Because of its hollow fiber construction (sheep hair), wool provides excellent insulation even when it is wet. It also dries out quickly. The curly fibers also trap air in tiny pockets. Wool has little wicking action and raw wool has oils that repel water. Repeated dry cleaning will remove these oils. Wool also burns slowly and does not melt. Wool Blends: Sometimes nylon and other synthetics are added to wool to give it longer wear life, maintain shape, etc. Look at the percentage of wool as given on the tag--it should be higher than 35% wool. The higher the percentage of wool, the better.

Silk: Silk is the lightest and softest natural fiber insulator. Like wool, it is a hollow fiber. Although very comfortable, its major drawback is cost.

Synthetics: Synthetic materials are used both as fill material for sleeping bags and jackets and woven into fabric for clothing. These fabrics include polypropylene; polyesters and pile. Sleeping bags and jackets are typically made from fabrics such as Polarguard®, Hollofil®, Quallofil®, and Thinsulate® while pants, sweaters, hats, mittens, innerwear and socks are made from Polar Fleece®, Polarplus®, Capilene®, Thermax®, and Cool Max®. Like wool, these materials provide insulation even when wet; however, they dry more quickly than wool and are not as scratchy. Polypropylene has one of the highest insulating powers and even floats. Many synthetics are also very good at moisture transport although this may not be desirable in every climate. Finally, most current fabrics are treated to resist bacteria and decrease odor retention. Many people prefer to bring these synthetic materials for those reasons. New synthetic materials are being developed constantly. This list is not exhaustive; a reputable outdoor equipment retailer should be able to provide you with information concerning current state of the art materials. Synthetics burn and melt readily.

Nylon: Nylon is a synthetic material used in lightweight shells and in rain gear. It is also used in conjunction with other materials (e.g., wool or cotton) as a reinforcing fiber. It is lightweight and dries quickly when wet. We recommend that your rain gear be made of coated nylon (avoid vinyl).

Waterproof/breathable laminates: Gore-Tex® and other similar materials (such as Ultrex®) are used as shell materials in outerwear. These materials are relatively waterproof, windproof, and breathable (i.e., air and vapor molecules can pass through the fabric from the inside, but cannot come in from the outside). To be most effective, there must be a strong enough humidity and temperature gradient between the body surface and the atmosphere to allow vapor movement but not so high as to turn the vapor to liquid or ice before escaping. These materials tend to be expensive, but high quality garments typically work very well.

Cotton: Cotton is a comfortable, breathable natural fabric. Light colored cotton is excellent for hot, dry situations due to its breathability and water retention. When damp or wet, cotton provides little or no insulation, and it can take a long time to dry. This is because the fibers are completely saturated and there are no air-filled spaces. In cold weather, cotton shirts and pants should not be worn next to your skin, as they will transfer heat away from your body. Cotton burns easily but does not melt.