BASIC GLACIER COURSE

After completion of the glacier course, you should be competent enough to travel safely in a rope team over moderately demanding glaciers and icefalls.

Day	Place	Practice	Theory
Sunday	**Bretun 20:00**	Opening and introduction. Distribution and adjustment of equipment. Knots.	Next day.
Monday	**Vivakulen alt. Vanndalen Valley**	Snow craft. Rope technique. Belaying methods, rope work.	Summing up. Glaciology. First aid. Rope work. Rescue operations Next day.
Tuesday	**Nigardsbreen**	Ice axe and crampons techniques. Rope work on blue ice. Belaying methods. Glacier hike.	Summing up. Crevasse rescue. Next day.
Wednesday	**Nigardsbreen**	Ice climbing. Crevasse rescue on ice.	Summing up. Tour-planning Alpine safety Next day.
Thursday	**Tuftebreen**	Climbing an ice outlet. Spending the night by the ice cap (cabins).	Summing up. Outdoor life/mountaineering traditions. Next day.
Friday	**Jostedalsbreen**	Crevasse rescue on snow. Navigation. Back to Bretun.	Navigation (lunch break). Summing up the course.
Saturday	**Bretun**	Cleaning the lodge. Departure.	

Weather- and glacier condition might change the programme.
Good physical condition and mountain experience is necessary for spending 6-7 hours on the glacier every day. We spend the nights together in our lodge Bretun, discussing aspects related to the course and other topics of mountaineering and outdoor life.

WELCOME TO A FIVE DAYS BASIC GLACIER COURSE ON THE JOSTEDALBREEN GLACIER!

COURSE INFORMATION

START: The course starts Sunday at 8 p.m. and is finished next Friday night.

LOCATION: Bretun lodge (a large red house), in Krundalen 2.5 km from the village centre Gjerde. Turn westward (left) at Gjerde and follow the road towards Bergset (road sign).
Coordinates for Bretun lodge: 61.63474 and 7.22118**.**

ACCOMMODATION: There are no bedclothes in Bretun, bring your sleeping bag. Rooms with 4-8 bunks.

FOOD: The participants make their own food, which you can buy in the grocery shop at Gjerde, the local community centre.

CLOTHING: Rain- and wind suit (jacket and trousers), woolen cap, mittens, warm pullover, wool underwear, gaiters and thick socks. Clothes for indoor use

BOOTS: Glacier boots (rigid), shoes for indoor use.

DIVERSE: Rucksack, sleeping bag, sleeping mat, compass, sunglasses, first aid kit, thermos bottle. All necessary maps are provided by Breførarlaget

GLACIER EQUIPMENT: Ice axe, crampons, a sit and chest harness, 4 sewn slings (2x120 cm and 2x60 cm), five karabiners incl. one screw (HMS) karabiner, one ice screw piton and a deadman (snow anchor).
We have complete glacier equipment and boots for hire.

Jostedalen Breførarlag AS (Ltd) does not accept any responsibility for loss, damage or injury incurred. Assurance is the participant's own responsibility.

Responsibility for participation rests with the participant.