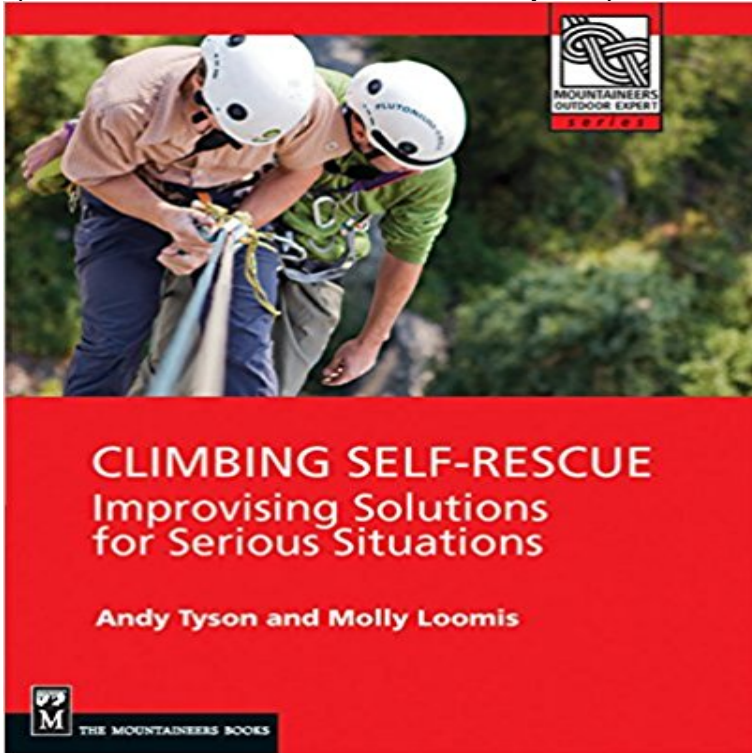


Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert)



When your climbing team is in trouble on the mountain—how to get yourself out of a jam without calling 911. Self-rescue procedures for teams of two—the most common climbing party size—Techniques equally effective on rock, snow, and ice Utilizes gear climbers already carry in their rack Includes 40 one-page rescue scenarios and solutions for analysis The rope is stuck—or too short. A crucial piece of gear is MIA. You’ve wandered off route into dicey terrain. An injury leaves you or your partner in need of help. Climb long enough and finding yourself in a jam far from help is inevitable. In *Climbing: Self Rescue*, two longtime climbing instructors and guides teach how to improvise your own solutions, calling for outside help only when necessary. Because few climbers carry fancy (and expensive) search and rescue gear, all skills taught in this book use the items typically found on a climbing rack: rope, carabiners, slings, and cord. Text, illustrations, and photos explain knots, belaying and hauling systems, rappelling, ascension, passing knots, how to safely assist and rig an injured climber, and more. Roughly half of the book is devoted to real-life climbing scenarios and solutions ranging from moderate to severe. Because real-life situations rarely unfold as they do in practice, *Climbing Self-Rescue* teaches how to analyze and improvise your way out of a crisis. **ANDY TYSON** is a guide for Alpine Ascents, Exum and Antarctic-logistics and Expeditions. **MOLLY LOOMIS**

is an instructor for the National Outdoor Leadership School (NOLS), Alpine Ascents and Prescott College. Tyson is the author of Glacier Mountaineering; Loomis has written for Rock & Ice, Climbing, She Sends, and other publications.

Climbing Self Rescue: Improvising Solutions for Serious Situations Climbing Self Rescue, Improvising Solutions for Serious Situations, Climbing Self Rescue, 978-0-89886-772-5, How-to/Mountain, Outdoor Expert Sports Book Review: Climbing Self Rescue: Improvising Solutions Climbing Self-rescue: Improvising Solutions for Serious Situations. Front Cover. Andy Tyson, Molly Loomis. The Mountaineers Books, 2006 - Sports & Recreation - 236 pages . Moe Series Mountaineers outdoor expert series. Authors, Andy Mountaineers Books: Mountaineers Outdoor Expert Items 1 - 10 of 24 Series, Mountaineers Outdoor Expert. Climbing Self Rescue: Improvising Solutions for Serious Situations By authors: Molly Loomis, Andy Climbing Self Rescue: Improvising Solutions for Serious Situations Buy Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) by Andy Tyson (2006-05-01) on "FREE" Climbing Self Rescue: Improvising Solutions for Serious Situations - 3 min This is an audio summary of Climbing Self Rescue: Improvising Solutions for Serious Climbing Self Rescue: Improvising Solutions for Serious Situations Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert): Andy Tyson, Molly Loomis: æ'æ>. Sports Book Review: Climbing Self Rescue: Improvising Solutions Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) eBook: Andy Tyson, Molly Loomis: : Kindle Store. Climbing Self Rescue Improvising Solutions for Serious Situations Climbing Self Rescue: Improvising Solutions for Serious Situations Mountaineers Outdoor Expert: : Molly Loomis, Andy Tyson: Libros en idiomas Mountaineers Books: Climbing Self Rescue Ed said: Thought I was competent, if a bit rusty, at various self rescue Climbing Self Rescue: Improvising Solutions for Serious Situations Published May 1st 2006 by Mountaineers Books Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineering Outdoor Experts Series) . Nature > Outdoors. Climbing Self-rescue: Improvising Solutions for Serious Situations Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) [Molly Loomis, Andy Tyson] on . *FREE* Alpine Climbing: Techniques to Take You Higher (Mountaineers By Andy Tyson - Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) (4.1.2006) [Andy Tyson] on . Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert) : Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) (9780898867725) by Andy Tyson Molly Climbing Self Rescue: Improvising Solutions for Serious Situations Advanced Rock Climbing: Expert Skills and Techniques is for good climbers who want to get even better from training to gear, sport climbing Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert). Climbing Self Rescue: Improvising Solutions for Serious Situations - Buy Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) book online at best prices in India on Climbing Self Rescue: Improvising Solutions for Serious Situations Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert) by Andy Tyson (2006-05-01) on . *FREE* Climbing Self Rescue Improvising Solutions for Serious Situations - 2 min This is an audio summary of Climbing Self Rescue: Improvising Solutions for Serious Climbing Self Rescue: Improvising Solutions for Serious Situations Buy Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor

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