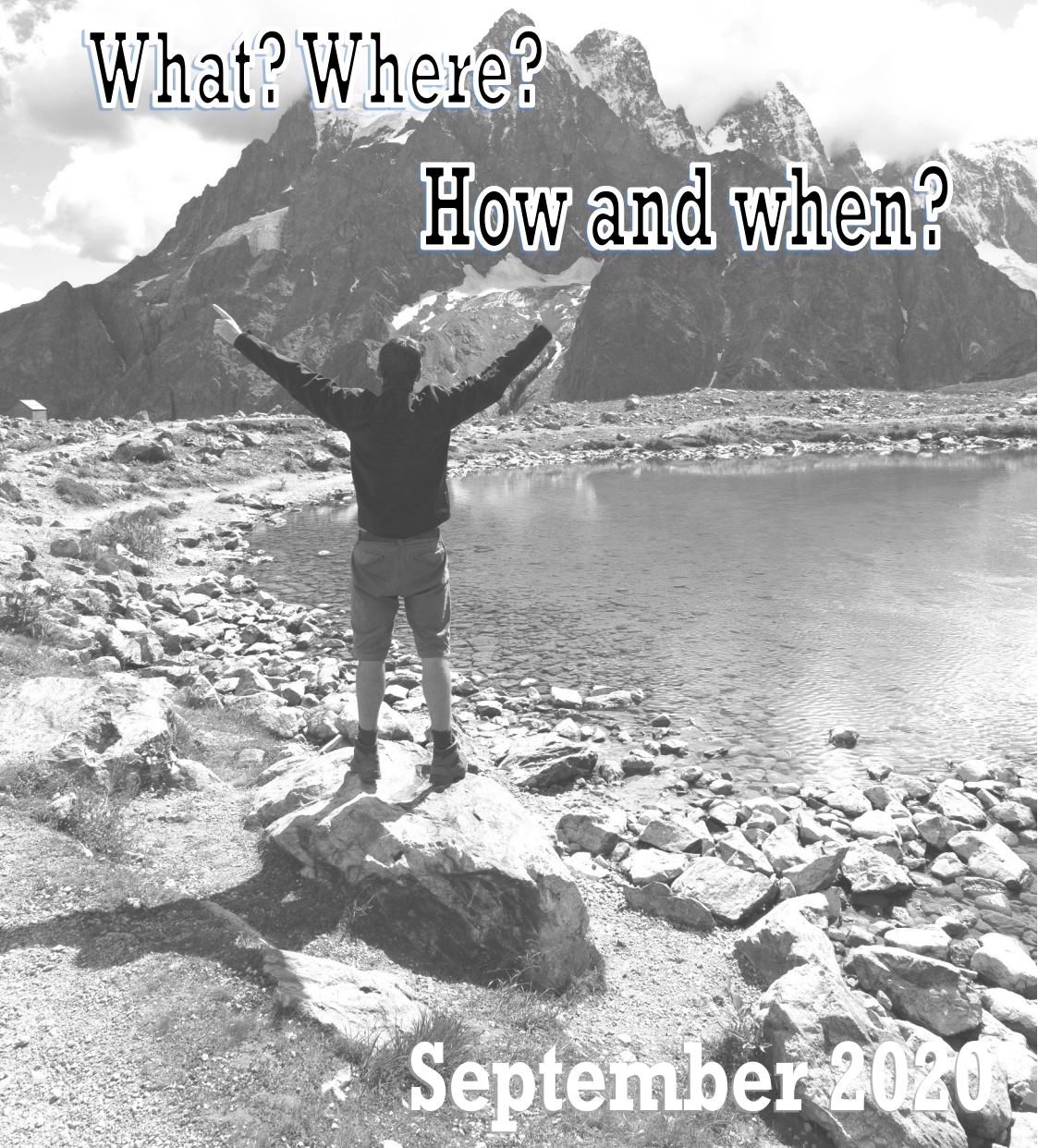


# IBEX



What? Where?

How and when?



September 2020



Hello!

Are you not afraid of heights and adventurous? Do you feel at home in the forests, on the rocks or in the Alps? Then Ibex is the perfect choice for you! WSAC Ibex is a "gezellige" and adventurous outdoor sports association. We are very active in sport climbing, alpine climbing, and many more outdoor sports.

Ibex organizes a lot of outdoor activities. Varying from sports like rock climbing weekends, the Ibex alpine week, langlauf weekends, bivouac weekends, kayak weekend, running events, and the club championships, to real sociable activities like lectures about the mountains, movie nights, barbeques, and the Monday evening drinks at the H41 after a nice evening of climbing! You will find us every week at a climbing gym in Arnhem, Nijmegen, or Utrecht. Since this year it is also possible to climb at our own climbing hall in the Bongerd. You can enroll in many different climbing courses, to progress in your climbing career, for alpinism courses you can join the winter and summer program of the NSAC (Dutch Student Alpine Club). For new members, we organize an introduction period with lots of (climbing)activities and an introduction weekend abroad.

In this booklet, you will find everything you need to know about Ibex. All about the introduction period. Who is who in Ibex? About committees, courses, and everything else that will be important in your career as a true Ibexer.

Greetings,

*Introcie 2020*

Maarten, Marjolein, Marnix, Nick



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### Becoming a member

Have you decided to join our association? Welcome! To become a member you have to do three things:

- You have to fill out an automatic payment collection form (these forms are present during the lessons).
- And you have to fill in your information at the website: [Wsacibex.com](http://Wsacibex.com)
- Have a NKBV-IT climbing certificate or follow an Indoor Toprope-course with Ibex

Also it is mandatory by Sport centre the Bongerd that every member of a Wageningen student sports club buys sport rights. This can be arranged at the Bongerd or at their website.

With your contribution to the sport centre, the Bongerd will give us subsidies for several things like materials.

When you are a member you don't have any obligations. It is up to you how often you sport and which activities you will join. However when you sign up for a course we expect you to be there.

# THE BOARD



## Hi we are the board of Ibex:

### **Let it Goat II**

We make sure Ibex keeps existing.

### **Chairman**

*Jesse hopstaken*

The big boss. Makes sure every member of the board does their job. He also keeps contact with the other Student Alpine clubs.

### **Secretary**

*Lisa Darwinkel*

The secretary is responsible to keep the information from the members up to date. She takes minutes during meetings. Besides that she is the contact person of our association.

### **Treasurer**

*Hilde Koning*

The treasurer keeps an eye on Ibex' finances. She sends you the bill after an activity and makes sure everyone pays.

### **Material and Education commissioner**

*Marnix van de Sande*

The material commissioner orders new materials and is taking care that everyone who borrows material hands it in like it was. The Education commissioner is responsible for Ibex' education program. He makes sure the courses are organized.

### **Activities commissioner**

*Lieke Lipsch*

As activities commissioner she is chairman of 'the Akcie', the activity committee. Together with the Akcie she organizes all the activities besides climbing weekends. She also sends you the newsletter to keep you up to date.

### **Weekend and Activities commissioner**

*Marjolein Floor*

The weekend commissioner is responsible for organizing the climbing weekends. Where to go? What to bring?

### **Contact us**

If you have any questions about whatever please send us an e-mail: [wsacibex@gmail.com](mailto:wsacibex@gmail.com). Put in the subject box what your question/remark is about so we know who needs to take care of it.





WSAC Ibex is one of the thirteen associations (SACs) who are connected to the overarching Dutch student alpine club NSAC. This creates many opportunities. The NSAC organises so called interSACcial activities where you can get to know the members and climbers of other cities. They are also the ones who are offering the most amazing courses in the Alps: the NSAC summer and winter program.

## interSACcial activities

### Dies

Associations, just like humans, annually age. To celebrate their birthday each SAC organises a (I must say great) party, usually preceded by an activity and/or a dinner. It's a very nice way to get to know your fellow Ibexers and other SACcers in a different way than always hanging somewhere high on a wall. Usually you can also get a place to sleep so you don't have to rush to the last train or bus. Keep an eye on the Ibex Facebook Page, the weekly newsletter or the site of the NSAC to make sure you save the dates.

### NSK Lead

Feeling like testing your climbing skills to those of the other student climbers of the Netherlands? A fierce battle is fought every year for the title of Dutch student sport climbing champion. There is both a women's and a men's competition. The organization is alternately taken care of by another SAC, which gives this fantastic event a different character each time.

### NSK Bouldereren

Also bouldering students get the chance to measure their strengths with each other. More than 100 students take part in the NSKB. There is both a women's and a men's competition. The NSK bouldering is always organized by a different SAC. The NSKB is open to everyone, regardless of the climbing level. Besides the competition itself there are all kinds of side-events and it ends with a spectacular final and a party. Although most of the participants come from a SAC, the NSKB is open to all student athletes.

### The Battle Of The SACs (BOTS)

Mountaineers somehow love the extreme and that aspect of yourself can be explored with

this amazing yearly event. The Battle Of The SACs is an 21 hours non-stop adventure race organised by the winning team of the previous each year in or around November somewhere in the Netherlands. While you are mountain-biking, running or kayaking you have to navigate your way to multiple checkpoints with the help of coordinates and maps. The atmosphere is great, chaotic and you will see a lot of nature in the Netherlands at times you will never see it again. Guaranteed is that afterwards you will experience the best sleep you have ever had. We will keep you informed about when the subscription will start. Be fast, cause it is a very popular event!

### Enschede – Ith and Utrecht – Freyr

Many climbers are also very keen on cycling. That is why ESAC and the USAC yearly organise long cycling trips to climbing areas

### Winter program

Each year the NSAC organizes the Winter Program, consisting of several courses varying in level from beginners to advanced and from ice climbing to touring skiing and freeriding. The touring ski and freeride courses are aimed at those who are already able to ski or board and have the ambition to go off piste independently at the level of the course taken, and maybe even eventually lead tours independently. The ice climbing courses are aimed at those who already alpine in summer, but now also want to make the step to winter alpinism. Whether you are a skier, snowboarder, ice climber or other winter alpinist, prefer touring or freeriding, there is a perfect course for you! Furthermore there will be a beautiful chalet in the Alps from where all the courses will be offered. You can also drop by for a few days or the whole week if you aren't taking place in a course and find the way to the piste on your own.

### Summer program

Each year during summer break, the NSAC summer program offers Alpine courses at several levels for beginners and advanced members with the ultimate goal of being able to make alpine tours independently. These alpine climbing courses are aimed at those who have the ambition, at the level of the course in question, to make alpine climbing tours independently and perhaps eventually even to lead them.

# COMMITTEES



**Ibex is being made possible by the board and several committees. Once you are a member, you can join a committee if you like.**

## **Akcie**

The activities committee organizes everything which is not directly related to climbing such as barbecues, bivouac weekends, mountain bike trips and much more.

## **Bakcie**

Do you like to cook or bake delicious food? Members of the Bakcie bake provide nice snacks such as pies for during activities like the movie nights or are making a nice dish for a bbq for example. You can make it yourself or do a joined baking session.

## **Blescie**

This is the sweetest committee in Ibex. This committee sends a postcard to everyone that becomes injured during climbing.

## **Introcie**

The introduction committee provides several activities for potential new members. They make sure that Ibex is in the spotlights during the AID week.

## **Kascie**

This committee monitors the cash accounts! This committee consists of old treasures.

## **Klic**

The Klic or in English 'Climbing Wall Committee' ensures, that the Bongerd has enough fun climbing routes and is sometimes hired for giving climbing courses to e.g. children's party's.

## **Lustrumcie**

The Lustrumcie or 'lustrum committee' is the committee that organizes the Lustrum celebrations. The 35th anniversary of Ibex will be celebrated in 2021, with big and very nice activities

## **Optie**

The Optie is the education and training committee of Ibex. This committee is just for instructors and instructors in education. Their job is to keep a high quality of the courses.

## **Promocie**

The promotion committee makes sure that nobody will forget the name of Ibex. One of the things they do is selling T-shirts.

## **Redactie**

A few times a year the editors make a new edition of Ibex's magazine Ibex-press, full of exciting stories and gossips. Even if you are not in this committee, you can still send in your Ibex adventures.

## **Sponsorcie**

The Sponsorcie is the sponsorship committee which maintains contact with the advertisers, and looks for new sponsors.

## **Webcie**

The Webcie keeps our beautiful Ibex website nice and up and running.

Interested in joining one of the committees? Feel free to contact the board via [wsacibex@gmail.com](mailto:wsacibex@gmail.com)! Or visit the committee market (date will follow) in the form of a potluck dinner to get some more information about the committees.

# Introduction course



**Really nice that you have subscribed for the introduction course by Ibex! Through this way we want to inform you a little about its content.**

All new members of Ibex have to follow the introduction course. During four evenings you will learn to safely climb indoors, the fourth lesson will consist of an exam (Luckily no paperwork here, we only look whether you can belay safely). All lessons have to be attended. Even for people who already have experience, we like someone from Ibex to look at your technic. Besides that, these evenings are a really nice way to get to know other Ibex members and there will be some additional information on Ibex and climbing.

The course will be coordinated by Maarten. If you have any questions, please get in contact!

[wsacibex@gmail.com](mailto:wsacibex@gmail.com)

In dire course related situations call: +31 6 19534221

The introduction course will cost 15 euros which will be withdrawn from your account after the course. This includes the introduction course, the NKBV-license you will get after your exam and the contribution until December. The first month you can sport for free at the Bongerd but from October onwards you should have. There is a special Ibex discount at Arnhem, if you buy a 10 times ticket. Just ask for it at the gym and save some bucks.

## Lesson 1

*What:* During the first lesson the beginnings of safe climbing and belaying will be explained. There also will be a presentation about IBEX to learn a little bit more about the association and its members.

*What to take with you:* Take some sporty clothes, solid shoes and some warm clothing in case the weather is not so good. If you have it, you can of course take your

climbing gear, but it is not yet necessary to have. Climbing material of Ibex can be borrowed during the IT-course, so there is no need to spend a lot of money on climbing stuff without being sure on what to buy. See also the material on page 8.

## Lesson 2

*What:* We will continue on practicing safe climbing. There will also be some information on safety and materials. If you consider buying stuff, you can hear and ask here which things are handy to have and what is the best place to buy them. Please take the filled in payment collection form with you

*Where & when:* The second evening will be on Tuesday evening September 11th or on Thursday evening September 13th at the same time and place as the first one.

Besides the stuff you had to take previous time, you will not need anything else.

## Lesson 3

*What:* By now you will be able to belay in a safe manner. This lesson will be used to refine your technique and learn about the finer details of climbing. Don't worry too much if things don't feel natural yet. You can use this lesson to make a lot of meters on the wall and get more confidence with belaying. This way you are ready for the grand exam next week!

## Lesson 4

*What:* The final lesson. In this lesson there will be some time to warm-up. And after that you will take the exam. During the exam you climb a couple of routes after which you immediately get to hear if you passed. Don't worry when you don't pass. The next week there will be a re-exam.

# CLIMBING GEAR



**Safe climbing is not possible without some gear. It is not a sport without risks. That's why it is important to have the right gear. In this chapter you can find out what you need and what we from Ibex recommend you to purchase.**

## Harness

First of all you will need a harness. With your harness you connect yourself to the rope. It is important that your harness fits well for optimal safety and comfort. There are many types of harness each with their own pro's and con's. We recommend an all-round climbing harness, with 4 gear loops. For example the Petzl corax (which you use during the IT course)



*Harness*

## Belay device

A belay device is a mechanical friction brake device. It is used to control the rope when belaying. It helps you to lock the rope with minimal

effort to arrest a climbers fall. There are several types of belay devices.



*Belay device: ATC-guide*

**Recommend:** ATC-guide (Black diamond). This belay device is solid and safe and you will need it when you want to start climbing outdoors.

## Safe biner

It is important that your carabiner is closed while belaying. With a safe biner you make sure your carabiner is closed.



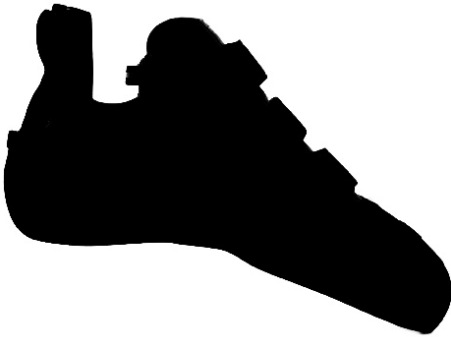
*Belay master DMM*

**Recommend:** DMM belay master. Nice and easy to use safe biner. The plastic clip can't be closed when the carabiners screw gate is not locked. The clip also prevents dangerous cross-loading on your carabiner.



### **Climbing shoes**

Climbing shoes make climbing a LOT easier. Through its tight fit and special form it helps you to get the best grip on a climbing wall or rock. Because of the rubber sole, friction is your best friend. Climbing shoes should fit tight but should not hurt. Try several pair of shoes to find the best shoe for you. It is also possible to rent them at the climbing gym.



*Climbing shoe*

### **Chalk bag**

This is not really necessary for climbing but nice to have. Many climbers get sweaty hands while climbing. To make your hands drier and get more grip, you can use chalk. A chalk bag can be attached to your harness so you can use it whenever you need it while climbing.



*Chalk bag*

### **Discount Updaten!!!**

If after your IT-course you want to buy your own material, you can do so at a discount. Ibex has made a deal with klimwinkel.nl where you can buy your beginner climbing gear a **10%** discount. Using the code .....

# AFTER THE INTRODUCTION COURSE



## Weekly climbing

Ibex has two climbing moments per week: Mondays and Thursdays. On Mondays we usually climb in the Bongerd and on Thursdays we go climbing in Arnhem. But that isn't set in stone, if you want to change it around or go climbing in Utrecht that is possible as long as you can find a climbing partner! To save money and time we gather at the Olympiaplein and drive together to the climbing gym. To make it easy we have a smart system on our website. Because of the corona crisis you will have to make reservations at most climbing halls, so keep this in mind when you plan on climbing. We also have a small boulder wall at the Bongerd. You can always ask the key at the desk when you want to climb there.

There is a special Ibex discount at Arnhem, if you buy a 10 times ticket. Just ask for it at the gym and save some bucks. You can subscribe on our website (subscribe -> weekly climbing) so we can see the amount of people and the amount of climbers. If there are enough cars you can get a ride. Subscription isn't obligatory, you are free to go by public transport if you want.

## Introduction Weekends

After passing the introduction course, it is possible to join the introduction weekends! During these weekends we go to Ith in Germany to do some outdoor climbing. The real deal!

The costs for the weekends are around € 65,-, It can vary depending on fuel costs and grocery costs. This includes camping, food and transport. If it turns out to be cheaper, everybody will get a part of the money back. Normally, we first calculate the costs of a climbing weekend and pay afterwards.

The climbing weekends will take place in the four weekends from September 11th to October 2nd.

**But due to corona, it is uncertain whether the climbing weekends can continue. More information will follow about this.**

It is not obligatory to join an introduction weekend, but it is strongly recommended. It is a really nice experience to be climbing on real rock and it is always a lot of fun! Your first change to experience the way of going during Ibex-climbing weekends. You have to subscribe for this weekends through the website [wsacibex.com](https://wsacibex.com) -> subscribe -> weekends. To do so, you need an account. If you don't have one or if you're having any trouble, contact the board.

(We will leave on Friday evening and come back on Sunday evening)

For this weekend, it is mandatory to have an extreme sport travel insurance! This can be arranged through the NKBV or for one time by Ibex. You can fill this out on the subscription form. Because climbing is considered as an extreme sport travel/ health insurance will not cover the costs in case of an accident.

## Ingi's Training

Ingi is our trainer from the Bongerd. Every Tuesday she gives a strength and condition training, and when she isn't able to give the training members of the Ingicie will make sure that there will still be a training. We gather at the table tennis table outside the bongerd at 20:15. All Ibex members can join to get exhausted and have muscle ache the day after :). You do get a lot stronger though.

## Bouldering in Avalon

There is a small bouldering wall in Avalon in the south of Wageningen. Ibexers can climb there for only 9,95 euros per month.

**The Akcie organizes a lot of activities during the year! Here are some examples which might be nice to get to know people within Ibex. We hope to see you soon on one of them!**

# INTRODUCTION ACTIVITIES



## **Introduction game- September 6th**

The Sunday before the IT-course starts, a game will be organized to get to know your fellow Ibexers. It will start around 15 O'clock and last about 3 hours.

start your first belaytianship. Be sure to come in time since we will switch at certain timeslots.

## **Drinks at H41– Tuesdays**

Every Tuesday in the introperiod we will have a drink at H41 after Ingi's strength training. You are welcome to join us in the coziest pub of Wageningen at 21:30. The first week you will have to sign up through the site so we can give an indication of the amount of people joining, after that it isn't necessary anymore.

## **Pizza Picnic– September 30th**

On the 30th of September we will have a pizza picnic., where you can have dinner with your new climbing friends and meet the older generation. You can subscribe via a link in the next newsflash. Pizzas will be provided, also for vegans. Even if the weather is bad (rain, snow or even a tornado), the BBQ will carry on. We are an outdoor association after all, and a little rain does not scare us away. Don't forget to bring your own plate and cutlery with you, if you think you need that

## **Speeddateclimbing- October 8th**

By now you can safely climb, but it takes two to climb. So during the speeddate climbing in the Bongerd you climb together with other new climber to find your ideal climbing partner and



*Typical intro-BBQ*

# Calendar

## September

- |                   |                                                                                                                                        |                         |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>6</b>          | introduction game<br>A fun introduction game to introduce you to Ibex                                                                  | Wageningen              |
| <b>7 or 10</b>    | Lesson 1<br>learning how to climb and belay, presentation about Ibex.                                                                  | Sport centre de Bongerd |
| <b>11 till 13</b> | Introduction weekend 1<br>Climbing in the rocks in Ith. We will leave on Friday evening, so you can join classes during the day.       | Ith, Germany            |
| <b>14 or 17</b>   | Lesson 2<br>Learning how to climb and belay, presentation on safety and material.                                                      | Sport centre de Bongerd |
| <b>18 till 20</b> | Introduction weekend 2<br>Climbing in the rocks in Ith. We will leave on Friday evening, so you can join classes during the day.       | Ith, Germany            |
| <b>21 or 24</b>   | Lesson 3<br>This is also the final lesson before the exam.                                                                             | Sport centre de Bongerd |
| <b>25 till 27</b> | Introduction weekend 3<br>Climbing in the rocks in Ith. We will leave on Friday evening, so you can join classes during the day.       | Ith, Germany            |
| <b>29</b>         | Lesson 4<br>Indoor Toprope exam in de Bongerd                                                                                          | Sport centre de Bongerd |
| <b>30</b>         | Pizza Picnic<br>Come and join our pizza picnic organized for you to get to k now the other Ibex members. Subscribe through the website | Torque park             |

## October

- 1** Lesson 4 Sport centre de Bongerd  
Indoor Toprope exam in de Bongerd
- 8** Speeddateclimbing the Bongerd  
Climbing with different climbing partners to find the  
Ideal climbing buddy.
- 14** Committee market  
If your interested in joining a committee, or when you just  
want to learn more about the ibex committees, you can do it  
here. The location will be follow on a later date.
- 29** Halloween bouldering Mountain Network Arnhem  
Bouldering in costume, the best costume wins

# COURSES



**Within Ibex it's possible to follow courses, to start from indoor top-rope climber until independent climber in every rock area to a height of over 100 meters. The education route consists of 5 courses:**

<i>Indoor Top rope</i>
<i>Technique &amp; Tactics training</i>
<i>Indoor lead climbing</i>
<i>Outdoor lead climbing</i>
<i>Adventure climbing</i>

## **Indoor Top rope (Starters course)**

### *Audience*

Everybody who has no or little climbing experience and wants to become a member of Ibex.

### *Required start level*

Be motivated

### *Content*

During this course you'll learn to climb indoor safely and responsible. You'll learn the basics of climbing and belaying. The course consists of 4 climbing evenings with instructions and an exam.

### *Time*

At the beginning of September (start of the school year) we organize a big introduction period. This period consists of the course mentioned above, and the opportunity to join a weekend in the real rocks. Besides that, another indoor top rope course starts the third period (in January). In addition, de Bongerd organizes several indoor top rope courses throughout the year

### *Materials*

For this course you need a harness, belaying device and a carabiner. During the course you can borrow these of Ibex. Climbing shoes are recommended, but not compulsory. If you want, you can rent them at the climbing hall in Arnhem.

### *Advice next training*

Technique & Tactics Training

## **Technique & Tactics Training**

### *Audience*

This course is the perfect follow up after the Indoor top rope course. When you just started climbing this course will help you to start climbing correctly. But it is also for those who want to improve their climbing skills.

### *Required start level*

Indoor top rope

### *Content*

You will learn how to warm up before climbing, how to use your feet and arms in the best way, how to prevent injuries and other smart techniques to become a excellent climber. This is the only course without an exam.

### *Time*

This course starts in the second period.

## **Indoor Leadclimbing**

### *Audience*

This course is for members who want to follow the route to independent climber and for people who want to join competitions.

### *Required start level*

Indoor top rope and enough climbing experience.

### *Content*

During this course you'll learn how to lead climb safe and responsible. This is the first step to climb independent outside. You'll learn how to clip quick-draws, the meaning of 'oof' fault, how to belay a lead climber, handle with danger and fears of lead climbing and what to do when you make a lead climbing fall. The course consists of 4 climbing evenings with instructions and a climbing evening with the exam.

### *Time*

This course is given each year in the third period, immediately after the Christmas holidays.

### *Materials*

For indoor lead climbing you need a harness, belay device, carabiner and climbing shoes. Ibex takes care of lead climbing rope and quickdraws.

### *Advice next course*

Outdoor lead climbing

## **Outdoor lead climbing**

### *Audience*

This course is for members who want to continue their way to being an independent climber, or for people who want to climb in well-bolted outdoor areas.

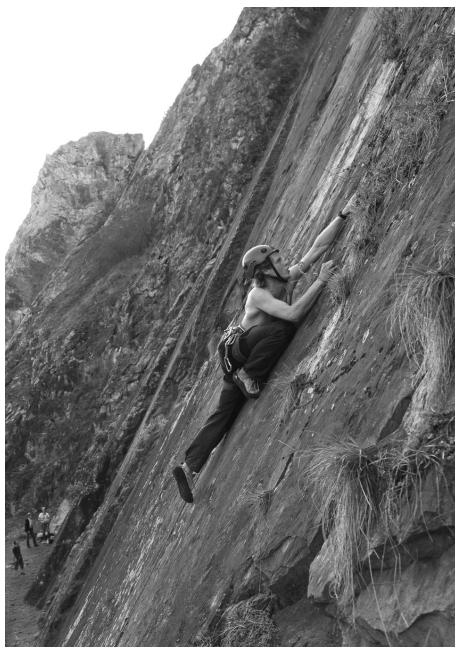
### *Required start level*

Indoor lead climbing or some provable experience of the same level

### *Content*

The outdoor lead climbing course you'll learn how to climb independently in an outdoor, well bolted area to a maximum of three rope lengths. It's the continuation of the indoor lead climbing course. Besides the lead climbing techniques you'll learn how to make an anchor, convert a lead climbing route to top rope, a few rope tech-

niques, everything about different bolts, abseiling and some things about



different kinds of rocks. This course consists of 3 interactive evenings during which you'll learn the theory and techniques. After that you'll join some climbing weekends abroad to practice the theory. This course also will be finished with an exam during a climbing weekend.

### *Time*

This course starts in the fifth period.

### *Materials*

For this course you need a harness, belay device, carabiner, climbing shoes and a prussic of 100 cm. Ibex takes care of slings, quick-draws, helmets, rope and carabiners. However, it's recommended to buy your own climbing materials like quick-draws, carabiners and slings as much as possible.

### *Advice next course*

## Adventure climbing

### **Adventure climbing**

#### *Audience*

This course is for members who want to finish the route to independent climber and have climbed a lot.

#### *Required start level*

Outdoor lead climbing or some provable experience of the same level

#### *Content*

During the adventure lead climbing course you'll learn how to climb in a area without many bolts up to a maximum of 7 rope lengths. Its the continuation of outdoor leadclimbing. You learn to handle mobile anchors (camelots, nuts, hexentrics), several rescue and rope techniques, and how to solve difficult rescue cases. The course consists of theory nights and practice nights, six in total. In the weekends we will go abroad, so you can put everything you've learned into practice. You finish the course with an exam.

#### *Time*

Depending on the demand this course starts in the sixth period.

#### *Materials*

For this course you need at least a harness, belay device, carabiner, climbing shoes and a prussic of 120 cm., 3m and 5m. Ibex takes care of schlinges, quickdraws, helmets, rope, nuts, cams and carabiners. However, it is recommended to buy as much as possible for your own.





# PACKING LIST



**It is important to be prepared when you go climbing, especially outside. Of course you will take a lot of climbing material, because otherwise you can't practise one of the nicest activities in the rocks! But it is at least as important to think about good camping material as well.**

Everything should fit in the car, of course, but you don't want to feel cold for two long days (which happens to a lot of people during the introduction weekends). That is why we wrote a checklist with stuff that is important to take during for a climbing weekend.

## **At departure you should be wearing:**

- Comfortable pants (can get dirty)
- T-shirt
- Warm sweater
- Sport/hiking shoes
- Jacket

## **And in your bag:**

- Rain gear
- Some additional warm clothing.
- Toilet stuff (tooth brush, spare glasses, etc.)
- Sleeping bag and maybe an extra blanket (!)
- Sleeping mat (! see pictures)
- Torch/headlight
- Water bottle (at least 1.5L >> it must be enough to last a day)
- A plate, cup and some cutlery
- Proof of health insurance
- Passport
- Mobile phone
- Small backpack for during the day
- Sunglasses
- Swimming gear & towel (if the weather is nasty we might decide

to visit the local sauna/swimming pool)

## **If you have it:**

- Camera
- Proof of NKBV insurance (we arrange insurance for those who don't have this)
- Drivers license
- Your climbing gear



*Not good*

*Good*



*Even better!*





**C1: an awesome alpine course in which you learn how to use your crampons, pickle and other alpine material. You also learn how to plan tours with a book and a map. Besides the great tours you make in the Alps, you have to save yourself or your buddy out of a crevasse. (Of course after you have learned how you have to do that.) Actually, there are so much more awesome things you learn and do in that week...**

I've always said that mountaineering isn't my sport (too cold, too much to learn and too less trips, too barren landscape) but after some good stories from people who did an alpine course I slowly started to hesitate. During the AID from 2012 we needed some alpine pictures for our Ibex stand. I asked some people to send me some pictures. They sent me lots and lots of beautiful photo's... Then I thought: I have to do it.

And I did. Before I went to the Alps to do my C1-course I had to learn some rescue techniques. They were not that hard to learn and it was quite cosy with the other Ibexers who had to learn them. Full of good mood I went to Austria to meet my C1-buddies: students from other Student Alpine Associations. Shortly after that we travelled together to the place where we would meet the Austrian guides. The 'headguide' was a typical Viking, with his orange hair which came to his shoulders and his wild beard. He seized every opportunity to smoke a hand-rolled cigarette: when he learned us some technique, when he told us something about the beautiful landscape, when we had a break, when we were walking or climbing... (Something

like: we where gasping and fully concentrated to don't fall down or where feverishly looking where we had to put our feet, while he was hopping around a bit with his cigarette.)

After the first meeting we went up the mountain to our hut, where we would



return to after each day for dinner, breakfast and sleeping. The hut was something like a hotel (except the free showers). It was a big climb from the valley to approximately 2800m, but the view was amazing: enormous mountains with snow, glacier, ice... It seemed almost unbelievable to me that a human being was able to climb there. But we did.

On the second day we went to the *'He seized every opportunity to smoke a hand-rolled cigarette'*

glacier to do some exercises. We had to gain trust in our crampons and our big shoes (1kg each). For example we had to walk over the slippery glacier, steep snow and rocks. Before we knew we had to go back to the hut, where a four course meal (!) was waiting for us.



The third day was awesome. We finally made a big tour over some glaciers, a ridge where we had an amazing view and a steep snow field. I broke my altitude record: 3353m! Last summer it was 3305m after a rock climbing tour in Switzerland.

The guides thought that we were ready for a longer and harder tour the next

*'I broke my altitude record: 3353m!'*

day, so we went up to a steep mountain where we had to use our crampons and newly learned knowledge about going safe up to a mountain. It was quite exciting to walk over a little edge on approximately 3400m and climb over big stones to the top. The view on the top was breath taking: white mountaintops like everywhere, under a deep blue sky. It became a long day, and even when we arrived at the hut we had to exercise some knots because we still couldn't make them fluently and quickly.

On the fifth day we made the best tour we ever did: we went up to the most

beautiful mountaintop in the area: the Zuckerhütl, 3505m. Another altitude record! There were a lot of people who also wanted to climb it, so it was very busy. We had to walk over a glacier and then we had to climb some hundreds of metres to the top. That was quite exciting. In other words: I don't recommend you to look too far down. We had to hurry while climbing and belaying, because we also wanted to climb another mountain after the Zuckerhütl. And we did! Not an altitude record, but a nice top.

On the sixth day it was quite cold. The other days it was sunny and warm, something like 20 degrees. But it was not that annoying, because we had to make a big tour over a big glacier with enormous crevasses. The crevasses were very beautiful inside: deep blue, light blue, white, light purple - it looked like I was at the North Pole. We were lucky that we were allowed to do some ice climbing in them. Very cool



thing to do! After we trained our ice climb skills we had to get over a col, which we had to pass by some climbing. We were too slow and had to run over a long snow hill to keep up with the guides, who already smelled their beers in the hut.

The last day we had to show our alpine skills, so the guides could evaluate us. We had to point out the way all by our own, which wasn't very easy if a guide

didn't say anything. We practised some rescue techniques and other things before we went back to the hut. All of us got a good evaluation! So I will definitely do a follow-up course next year: the C2.

Because we wanted to thank our guides, we gave them a huge bottle of schnaps, a typical Austrian liquor. We already knew that the guides did love to drink beer, but the schnaps broke a record: within an hour they (and some C1-buddies) emptied the whole bottle. The guides ordered another one, plus a bottle of wine, which they emptied together. How they were able to walk straight down to the valley again, is a mystery to me.



*'It looked like I was at the North Pole'*

# NAMES AND ADDRESSES



Don't forget the names and addresses of you new Ibex friends! Write them down in your booklet so you can keep in touch and have fun together in between times of hard climbing

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