

Mountain Rescue Course Kenya

Felix Berg, professional mountain adventurer and Mt. Kenya speed climbing champion, has kindly offered to teach Mountain Rescue in Kenya. The course will involve climbing and self-rescue, so experience of leading trad / building anchors is required. Details are listed below.

For those wanting to participate, contact Felix at info@summitclimb.de or Kirsten via kikus.martin@gmail.com for further planning details: Maximum 10 participants (4 open spaces).

Goal: Ability to self-rescue and team-rescue.

Timeframe: end July to early August [30.07.-06.08.11]

Duration: one full week [Sat-Sat]

Place: Lukenia and Mt. Kenya National Park

Requirement: climbing experience in trad and multi-pitch, anchor building experience

Equipment: Gear list

Itinerary: Mountain Rescue Course

Date	Location	Programme
Sa. 30.07	Lukenya (Nemisis) Overnight Lukenia top	Evaluation of belay and lead technics. Fixing technics (safety knot, prusik) Simple pully system
So. 31.07	Lukenya (EdinCastle)	Rappel with casualty (self-rescue) Evaluation trad climbing
Mo. 01.08	Mount Kenya	Transfer to Med Station Medical emergency treatment & altitude medicine Pully systems
Tue. 02.08	Mount Kenya	Hike up, training at Midget Peak / Training rocks Fixed rope setup & use Self-ascent (prusic & jumar)
Wed. 03.08	Mount Kenya	Casualty transport with stretch (if available) Rappel & lowering of causality
Thur 04.08	Mount Kenya	Ascent technics / Climbing Mt.Kenya Rescue tactics
Fr. 05.08	Mount Kenya	Review and training – all subjects
Sa. 06.08	Mount Kenya	Descent and transfer to Nairobi

Approximate Cost:

- + Course contribution 500 US\$ per person
(450 /400 US\$ in case of each additional 2 participants)
- + Food costs approximate US\$70 per person
- + Support staff (Askari Lukenia, Porter & cook on Mount Kenya) US\$100 per person

Total at current booking (4 paying members, 2 KWS staff): US\$ 670

Additional costs:

- + Transport costs (to be shared by all members)
- + Park Fees (to be paid at the gate – possible neglected or special rates if KWS agrees)

Payment: We need the full payment before the course begins. You can bring your payment on Wednesday's bouldering night, or on Saturday (first day of the course).

Organisation:

Cars: - Who can provide vehicles, is driving?

Gear: - Make sure you have your personal equipment together (see gear list)
- Missing gear can maybe be provided by Summit Travel (sleeping bags, etc.)
- Rack: It makes sense to bring full racks (Felix: 1, Casper: 2?, others?): total 4 & ropes.
- Note exactly the number and type of equipment you bring (especially on the rack)

Food: - Casper & Felix: shopping (on Thursday/Friday) for the group
- Shopping fresh food for Mt. Kenya by cook

Porters: We will provide porters for the food, cooking gear and group equipment on Mount Kenya. You will have to carry all your own equipment (aprox. 15-20kg) or hire an additional porter if you do not want to carry your own gear.

START: Saturday, 30.07 morning at 7:00 in Nairobi, so we are at Lukenia around 8:30.

Questions & Contact

FB: Baby Crack

Blog: Visit: www.blog.summitclimb.de – you can register and write a comment under:

<http://blog.summitclimb.de/2011/07/25/mountain-rescue-training-in-kenya/>

Then all participants can follow the Q&A (questions & answers) regarding the course.

Felix at info@summitclimb.de