

# INDEX

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sidehill  
side pull handholds  
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single bowline  
sitting hip belays  
situational awareness, importance of maintaining  
skill development  
ski poles  
skis  
slab avalanches  
sled hauling  
sleds for snow evacuation  
sleeping bags  
sleepwear  
slings  
slope angle, aspect

slopers handholds

slopes

steepness, and avalanche hazard (fig.)

steepness of (table)

SMART goals

smartphones

smearing

snacks

snow. *See also* ice climbing, snow climbing

aging of snow cover

ascending

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conditions and related travel considerations, dangers (table)

crystal forms (fig.)

cycle of

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formation of glaciers

formation of snow avalanches

hiking through

Leave No Trace principles

level, and freezing level

level, estimating (table)

metamorphism of crystals (fig.)

observing conditions

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snowpacks, and avalanche hazard

surface layer of snow cover

tips for melting

types of

snow anchors

snow blindness

snow bollards

snow bridges

snow camping

snow caves

snow climbing. *See also* ice climbing  
    avalanche safety. *See* avalanche safety  
    equipment  
    generally  
    roped techniques  
    routefinding on snow  
    techniques of  
snowpacks, and avalanche hazard  
snow shelters  
snowshoes  
snow shoveler exercise  
snow trench shelters  
socks  
solar panels  
solo climbing  
spandex  
spikes of ice axes  
splinting sprains, fractures  
sport climbing  
    style  
sprains, strains, and fractures  
spring-loaded camming devices (SLCDs)  
spring-loaded nuts  
square knot  
squeeze chimneys  
stacking  
standard hooks  
static equalization  
stein puller  
stemming  
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step-down exercise  
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stewardship  
Sticht, Fritz  
Sticht plates  
stoppers

stopping a fall  
storage  
    liquid fuel  
    ropes  
    water  
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Stuck, Hudson  
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sun, the  
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synthetic fleece  
synthetic fills

## **T**

tablets with GPS apps  
talus  
tape  
tarps  
team rescues  
teams, choosing for expeditions  
technical climbing  
temperature

- cold and warm fronts
- freezing level, estimating (table)
- sleeping bag rating systems
- windchill temperature index

## Ten Essentials

- tension-release hitch
- tension traverses and pendulum swings
- tents

- types of
  - in winter

- terminology (glossary)

- terrain traps

- tethers of ice axes

- Texas prusik

- thin ice

- three-point suspension

- thrust faults

- thumb cam

- thunderstorms

- tickborne diseases

- ticks

- tie-off loops

- toe jams

- toilet

- managing human waste
  - pee bottles
  - pee funnels
  - problems in Denali National Park
  - when you must go

- toilet kits

- topographic maps

- topos

- top-stepping

- torquing

- Totem Cam

- trad climbing

- traditional style climbing

- trail finding
- training
- Trango belay devices
  - Pyramid
  - Vergo
- transceivers, avalanche rescue
- travel
  - on glaciers
  - snow, generally
- traverses
  - protecting
  - seconding
  - steep to vertical ice
  - tension
  - Tyrolean
- treatment, water
- trekking poles
- trench foot
- Tricams
- triple fisherman's bend
- trip time, estimating (table)
- tube chocks
- Twight, Mark
- twin-rope technique
- two-way radios
- Tyrolean traverses

## U

- UIAA climbing ratings
- ultralight travel
- undercling
- Universal Transverse Mercator (UTM)
- uphill
- urine
- US Geological Survey (USGS)
- USGS map finder
- UV light for treating water

## **V**

- valley winds
- vapor-barrier liners (VBLs)
- veins and joints (geology)
- verglas
- Viesturs, Ed
- viruses
- volcanoes
  - classification of igneous rocks (table)
  - intraplate hot-spot
- V-scale for bouldering
- V-thread anchors
- V-thread tools

## **W**

- walkie-talkies
- walking
- wands
- warm fronts
- washing
- Washington's Mount Rainier National Park
- waste containers
- waste disposal
- water
  - on big walls
  - containers for
  - contaminated
  - falling in
  - hydration
  - needed per day
  - pathogens in
  - replenishing, treating
  - using stoves in
- waterfall ice climbing
  - crampon techniques
  - equipment
  - generally



- ice-tool techniques
- protection
- rack for
- stacking
- unusual conditions
- vertical progression
- water knot
- waterproof fabrics
- waterproofing boots
- weather
  - and avalanches
  - checking information about
  - creating custom briefings
  - expedition climbing
  - mountain. *See* mountain weather
  - predicting using altimeters
- wedge pitons
- Welzenbach, Willo
- Westbay, Billy
- whistles
- whiteouts
- Wild Country Technical Friend
- wilderness
  - campsite options (table)
  - preserving
  - sharing with animals
  - travel
- wildlife, respecting
- wind
  - and avalanche hazard
  - and choosing campsites
  - direction and speed clues (table)
  - localized
  - using stoves in
- windchill
- windchill temperature index
- wind slabs

winter camping  
women's backpacks  
wool  
wound care  
Wright, Cedar

## **Y**

Yosemite Decimal System (YDS) for rating climbing  
Yosemite National Park. *See* Half Dome, El Capitan

## **Z**

zipper effect