

1. MOUNTAINEERING FUNDAMENTALS

- Fundamentals of mountaineering
- Mountaineering terminology
- Mountain terrain
- Types of mountain routes
- Basic and advanced mountaineering techniques
- Expedition planning
- Route planning
- Mountain movement
- Climbing techniques
- Ascent and descent techniques
- Belaying
- Rappelling / abseiling
- Rope management
- Basic climbing systems
- Team movement
- Leadership in mountain environments

2. BASIC MOUNTAINEERING COURSE TOPICS

- Basic climbing techniques
- Rope handling
- Knots
- Belay systems
- Anchors
- Rappelling
- Rock climbing fundamentals
- Snow and ice movement fundamentals
- Basic mountain navigation
- Mountain equipment
- Personal protective equipment
- Campcraft

- Mountain safety
- Basic rescue techniques
- Physical preparation
- Mountain discipline

3. ADVANCED MOUNTAINEERING COURSE TOPICS

- Advanced climbing techniques
- Advanced rope systems
- Advanced anchors
- Snow and ice climbing
- High-altitude movement
- Technical route planning
- Advanced navigation
- Expedition leadership
- Rescue in difficult terrain
- Emergency response
- Risk assessment
- Advanced mountain safety
- Team management during expeditions
- Technical equipment selection
- Advanced camp management

4. MOUNTAIN EXPEDITION PLANNING

- Expedition objectives
- Route selection
- Route reconnaissance
- Planning and scheduling
- Team composition
- Equipment planning
- Food and water planning
- Transport and logistics

- Camp planning
- Communication planning
- Weather planning
- Emergency planning
- Evacuation planning
- Risk assessment
- Contingency planning
- Documentation and reporting
- Post-expedition review

5. MOUNTAIN SAFETY & RISK MANAGEMENT

- Mountain hazards
- Rockfall
- Avalanches
- Snow and ice hazards
- Crevasses
- Slips and falls
- Extreme weather
- Lightning
- High winds
- Low visibility
- Hypothermia
- Frostbite
- Altitude-related illness
- Dehydration
- Fatigue
- Navigation errors
- Equipment failure
- Risk identification
- Risk mitigation
- Emergency procedures
- Safety briefings

- Buddy systems
- Team accountability

6. MOUNTAIN WEATHER

- Mountain weather fundamentals
- Weather forecasting for expeditions
- Temperature changes with altitude
- Wind
- Clouds
- Precipitation
- Snowfall
- Visibility
- Thunderstorms
- Lightning
- Weather-related route decisions
- Weather monitoring
- Weather emergency planning

7. MOUNTAIN NAVIGATION

- Map reading
- Topographic maps
- Compass use
- Bearings
- Route finding
- Grid references
- Contours
- Altitude and elevation
- GPS basics
- Navigation in poor visibility
- Route marking
- Navigation planning

- Position reporting

8. MOUNTAINEERING EQUIPMENT

- Ropes
- Harnesses
- Helmets
- Carabiners
- Slings
- Belay devices
- Ascenders and descenders
- Ice axes
- Crampons
- Snow equipment
- Climbing shoes
- Mountaineering boots
- Tents
- Sleeping systems
- Clothing and layering
- Personal safety equipment
- Communication equipment
- Equipment inspection
- Equipment maintenance
- Equipment selection for terrain and weather

9. ROPE, KNOT & RESCUE TECHNIQUES

- Basic climbing knots
- Hitches
- Bends
- Rope coils
- Anchoring
- Belay systems

- Rappelling
- Rope rescue fundamentals
- Hauling systems
- Lowering systems
- Raising systems
- Improvised rescue techniques
- Casualty evacuation
- Team rescue procedures
- Rope safety
- Equipment inspection

10. HIGH-ALTITUDE & MOUNTAIN HEALTH

- Effects of altitude
- Acclimatization
- High-altitude illness
- Acute Mountain Sickness
- High-altitude pulmonary problems
- High-altitude cerebral problems
- Hypothermia
- Frostbite
- Dehydration
- Exhaustion
- Nutrition during expeditions
- Hydration
- Rest and recovery
- Recognition of medical emergencies
- Evacuation considerations

11. FIRST AID & EMERGENCY RESPONSE

- Basic first aid
- Trauma management

- Bleeding control
- Fractures and sprains
- Immobilization
- Shock
- Hypothermia response
- Frostbite response
- Altitude illness response
- Burns
- Emergency casualty assessment
- Emergency communication
- Evacuation procedures
- First-aid kit management

12. MOUNTAIN SURVIVAL & CAMPCRAFT

- Mountain survival principles
- Emergency shelters
- Camp selection
- Camp organization
- Cooking and fuel safety
- Water sourcing and purification
- Food management
- Waste management
- Personal hygiene
- Cold-weather clothing
- Fire and stove safety
- Emergency signalling
- Survival planning

13. EXPEDITION LEADERSHIP & TEAM MANAGEMENT

- Leadership in high-risk environments
- Team briefing

- Team discipline
- Task allocation
- Decision-making
- Communication
- Team motivation
- Conflict management
- Fatigue management
- Safety culture
- Accountability
- Emergency leadership
- Coordination during rescue
- Reporting and debriefing

14. PRACTICAL EXPERIENCE PREPARATION

Prepare to explain documented experience in:

- Mountaineering expeditions
- Routes and peaks undertaken
- Role in expeditions
- Technical responsibilities
- Leadership responsibilities
- Rescue/first-aid experience
- Equipment handled
- Difficult terrain encountered
- Weather challenges
- Risk-management decisions
- Team coordination
- Training/courses completed
- Lessons learned from expeditions
- Safety procedures followed