



# Smuggs Ice Bash Welcome Packet



Welcome!

Thank you for taking part in the 17<sup>th</sup> Annual [Smugglers Notch Ice Bash](#), a [Petra Cliffs Climbing Center & Mountaineering School](#) event. All of the Petra Cliffs staff and Ice Bash guides are working hard to offer the very best in climbing and mountain sports instruction and we look forward to helping you meet your goals and have a blast out in Smuggler's Notch Vermont. ***A gratuity to your guide at the end of a good day is always appreciated.***

Included is information specific to the 17<sup>th</sup> Annual Smuggs Ice Bash. **Please follow the links in your original Booking Confirmation email to complete your Outdoor Waiver and Health History Form.** Below you will find a complete schedule of events and a clinic equipment list.

## Clinic Schedule

Friday January, 26	Saturday January, 27	Sunday January, 28
Intro to Ice Climbing	Steep and mixed technique	Steep and mixed technique
Lake Willoughby Ice	Intermediate ice and TR anchors	Intro to Ice
	Multipitch ice: technique and transitions	Rescue techniques
	2-day learn to lead ice (day 1/2)	2-day learn to lead ice (day 2/2)
	Principles of ski mountaineering	AIARE rescue
	Climb a classic	Womens multipitch
	Intro to Ice	Affinity intro to ice
	Womens intro to ice	Climb a classic
	Intro to Mountaineering	

**Cancellation Policy:** Clinic cancellations are subject to full forfeit of payment. Changing to a different clinic is always possible, subject to availability in the clinic. If you must cancel for any reason, you will receive a full refund if you cancel up to ten days before the program. Please email [outdoor@petracliffs.com](mailto:outdoor@petracliffs.com), or call (802) 657-3872 to cancel or change your reservation. If you do not show up on the day of the course, full payment will be forfeited. If Petra Cliffs must cancel the program due to conditions or dangerous weather, we will either re-schedule or refund your payment in full.

We look forward to meeting you and sharing an outdoor adventure! We hope you have an amazing time and learn more than you ever expected. Thank you for choosing Vermont, Petra Cliffs, and the Smuggs Ice Bash!



# Smuggs Ice Bash Welcome Packet



## Schedule of Events

**Saturday & Sunday festivities take place at the  
Cambridge Community Center  
22 Old Main St.,  
Jeffersonville, VT 05464**

Friday January, 26	Saturday January, 27	Sunday January, 28
<b>Friday Clinics</b> <ul style="list-style-type: none"> <li>8:30am – Clinic participants meet at Petra Cliffs Climbing Center &amp; Mountaineering School</li> <li>9am – Clinics depart!</li> </ul>	<b>Saturday Clinics</b> <ul style="list-style-type: none"> <li>8am – Demo equipment available to Ice Bash Clinic Participants.</li> <li>8:30am – Clinic participants meet at the Cambridge Community Center.</li> <li>9am – Clinics depart!</li> <li>9am – Demo equipment available to the Public.</li> <li>10:30am – Demo gear pick-up window ends.</li> <li>5pm – Demo equipment return window ends.</li> </ul>	<b>Sunday Clinics</b> <ul style="list-style-type: none"> <li>8am – Demo equipment available to Ice Bash Clinic Participants.</li> <li>8:30am – Clinic participants meet at the Cambridge Community Center.</li> <li>9am – Clinics depart!</li> <li>9am – Demo equipment available to the Public.</li> <li>10:30am – Demo gear pick-up window ends.</li> <li>4pm – Demo equipment return window ends.</li> </ul>
<b>6:00pm – Kickoff Party and Drytool Competition</b>  @ Petra Cliffs Climbing Center: 105 Briggs St., Burlington VT 05401  <ul style="list-style-type: none"> <li>Drytool Competition</li> <li>Food Truck, Cash Raffle, Beverages, Live DJ Kangande</li> </ul>	<b>5:30pm – Evening Gathering &amp; Presentations</b>  @ the Cambridge Community Center: 22 Old Main St., Jeffersonville, VT 05464  <ul style="list-style-type: none"> <li>6:30pm – Freeze/Thaw showing and presentation</li> <li>7:30pm – Keynote presentation</li> <li>Raffle to benefit CRAG-VT</li> </ul>	



# Smuggs Ice Bash Welcome Packet





## 2024 Kickoff Party & Drytool Comp

**\$10 Pre-registration (includes 1 raffle ticket):** [petracliffs.com/smuggsicebash](https://petracliffs.com/smuggsicebash)

*Interested in competing?* Email [outdoor@petracliffs.com](mailto:outdoor@petracliffs.com) for info. \*Must have extensive ice/mixed lead climbing experience.

## 2024 Evening Gathering & Presentations

<b>Dr. Elizabeth Burakowski</b>	<b>Showing of <i>Freeze/Thaw: Ice Climbing in a Changing Climate</i> film and presentation by contributing scientist Dr. Burakowski.</b>
	<p>Film overview: “In a first-of-its-kind study that was a finalist for the International Climbing and Mountaineering Federation (UIAA) Mountain Protection Award, a team from the American Alpine Club joined up with climate researchers from the University of New Hampshire and the University of Calgary to take a close look at the historical data on seasonal temperatures and ice season length in the Mount Washington Valley of New Hampshire, one of the premiere ice climbing destinations in the United States. With the context of this historical data, the team ultimately created a climate model to predict the length of ice climbing seasons in the future under moderate and high emission scenarios. The AAC team also interviewed dozens of guides in the region to gather qualitative data about how tumultuous climate impacts are impacting the guiding economy that is an integral part of these NH mountain communities. Ultimately—climate change is impacting climbing and the economies built around it. But we’re ready to do something about it.”</p>
<b>Aaron Mulkey</b>	<b>Finding Balance</b>
	<p>The odds that the term “pioneer” finds its way into any description of Aaron Mulkey are better than even. After all, his nearly 30-year quest to discover unclimbed ice – both in his Wyoming backyard and across the globe – has yielded no shortage of exploratory adventure.</p> <p>Epic after frigid wilderness epic, Mulkey has deftly balanced his extensive pursuit of first ascents with a high-level executive position in corporate America. He’s as comfortable in the boardroom as on the sharp end of a frozen rope. But developing two independent and often opposing skillsets and practicing both at the pinnacle of performance hasn’t come easily. It’s been a fight for survival, both literally and figuratively, on numerous occasions.</p>



## Smuggs Ice Bash Welcome Packet



In this current age of carefully curated Instagram reels (#vanlife) and the ubiquitous inspiration to "quit my job and selling everything to chase the dream," it's rare for the spotlight to land on someone who, while incredibly talented, balances their passion with the seemingly mundane, day-to-day responsibilities that we can all relate to. Aaron Mulkey has figured it out.

**Please pre-register for the Saturday evening gathering and presentations:**

[petracliffs.com/smuggsicebash](https://petracliffs.com/smuggsicebash)

\$20 for General Public with pre-registration

\$15 for Clinic Participants with the code: ICEISNICE

\$25 at the door

CASH RAFFLE to Benefit CRAG-VT before, during, & after presentations!

Interested in Volunteering? Please contact [outdoor@petracliffs.com](mailto:outdoor@petracliffs.com)!

### 2024 Sponsors

#### Summit Sponsors

---



#### Ridgeline Sponsors

---





# Smuggs Ice Bash Welcome Packet



## Basecamp Sponsors



Guaranteed for life and made in the USA, Darn Tough socks are the best merino wool socks for hiking, running, work, and everyday wear. Darn Tough's mission is to make the world's best socks, here in Vermont, USA, and back them with an Unconditional Lifetime Guarantee. The responsibility of Darn Tough stretches across multiple disciplines, helping those in need with a focus on family and creating a sustainable product that lasts forever: "we're committed to making a difference, and thanks to those within our walls and people like you, we know we can."

The Switchback Brewing Company was founded in 2002 with one goal in mind – to brew unexpected, relatable, great tasting beer. Today, the Switchback lineup has grown to include over 20 beers as year-round offerings, rotating specials and limited releases and they haven't stopped reimagining flavor. Switchback is now 100% employee owned and will remain locally-owned and -operated forever.

At Alpine Gremlins we are driven by the belief that the only limit is creativity. Founded in Vermont in 2023, we are constantly looking for new ways to make gear lighter and more packable; with an emphasis on simplicity, cohesive functionality, and team success. Our Dyneema® based softgoods will keep your gear dry and organized, allowing you to focus on the adventure ahead. Check us out at [alpinegremlins.com](http://alpinegremlins.com) and make sure to stop by our Notch Road booth for some delicious hot chili after your clinic!

The Outdoor Gear Exchange (OGE) was founded in 1995 in Burlington, Vermont, to provide gear at a great price. OGE's belief is that everyone should be able to afford to get out there and have fun! Smart buying and over 25 years in the outdoor industry allows OGE to offer the best deals possible on a fabulous selection of gear for ice climbing, mountaineering, telemark skiing, alpine touring, and more. If you find yourself in town make sure to stop by for a visit.



# Smuggs Ice Bash Welcome Packet



## Smuggs Ice Bash Clinic Packing List

+ Optional  
\* Can be provided by  
Petra Cliffs or Demoed  
during the Ice Bash

### Backpack

- ☐ Large day pack  
*(large enough to fit extra layers, food, water, and gear \*\*School book bags are too small!\*\*)*

### Headwear

- ☐ Insulating hat, wool or fleece  
*(that will fit under a helmet—no balls on top!)*
- ☐ Balaclava or face mask
- ☐ Sunglasses

### Hands

- ☐ Insulating gloves, wool or synthetic  
*(should be warm and waterproof)*
- ☐ Heavy-weight gloves, wool or fleece  
*(should be warm and waterproof)*
- ☐ Light-weight liner gloves, wool or synthetic +
- ☐ Waterproof/breathable shell gloves +

### Personal Gear

- ☐ Lunch and extra high energy snacks  
*(food that won't freeze—pb & j or leftover pizza are classics; cliff bars and similar will be rock solid)*
- ☐ Chocolate *(and extra for your guide ☺) +*
- ☐ Thermos with a hot beverage
- ☐ Insulated water bottles: 2 Liters  
*(an extra wool sock is a good insulator)*
- ☐ Sunscreen, spf 20 or greater
- ☐ Lip balm
- ☐ Camera +
- ☐ Headlamp +
- ☐ Hand/Foot warmers +
- ☐ Cash for guide tip *(Venmo works great too!) +*

### Torso

- ☐ Baselayer sports bra, wool or synthetic
- ☐ Baselayer long-sleeve shirt, wool or synthetic
- ☐ Insulating sweater, wool or fleece
- ☐ Insulated jacket w/ hood, down or synthetic  
*(this is a superb layer to put on when you are not active)*
- ☐ Outer layer breathable/waterproof shell jacket
- ☐ Extra insulating layer such as light-weight jacket or vest +

### Legs

- ☐ Baselayer briefs, wool or synthetic
- ☐ Baselayer tights, wool or synthetic
- ☐ Insulating pants, wool or fleece
- ☐ Outer layer waterproof/breathable ski pants or bibs

### Feet

- ☐ Heavy-duty hiking or winter boots
- ☐ Liner socks, wool or synthetic
- ☐ Heavy-weight socks, wool or fleece
- ☐ Gaiters  
*(should fit around entire calf and over a plastic ice climbing boot plus pant layers) +*

### Technical Equipment

- ☐ Helmet\*
- ☐ Harness\*
- ☐ Ice Axes\*
- ☐ Ice climbing crampons\*
- ☐ Mountaineering boots\*

\*All technical equipment can be demoed or provided by Petra Cliffs, however feel free to bring your own personal equipment.





# Smuggs Ice Bash Welcome Packet



## CLOTHING FABRIC INFORMATION

**Wool:** Because of its hollow fiber construction (sheep hair), wool provides excellent insulation even when it is wet. It also dries out quickly. The curly fibers also trap air in tiny pockets. Wool has little wicking action and raw wool has oils that repel water. Repeated dry cleaning will remove these oils. Wool also burns slowly and does not melt. Wool Blends: Sometimes nylon and other synthetics are added to wool to give it longer wear life, maintain shape, etc. Look at the percentage of wool as given on the tag--it should be higher than 35% wool. The higher the percentage of wool, the better.

**Silk:** Silk is the lightest and softest natural fiber insulator. Like wool, it is a hollow fiber. Although very comfortable, its major drawback is cost.

**Synthetics:** Synthetic materials are used both as fill material for sleeping bags and jackets and woven into fabric for clothing. These fabrics include polypropylene; polyesters and pile. Sleeping bags and jackets are typically made from fabrics such as Polarguard®, Hollofil®, Quallofil®, and Thinsulate® while pants, sweaters, hats, mittens, innerwear and socks are made from Polar Fleece®, Polarplus®, Capilene®, Thermax®, and Cool Max®. Like wool, these materials provide insulation even when wet; however, they dry more quickly than wool and are not as scratchy. Polypropylene has one of the highest insulating powers and even floats. Many synthetics are also very good at moisture transport although this may not be desirable in every climate. Finally, most current fabrics are treated to resist bacteria and decrease odor retention. Many people prefer to bring these synthetic materials for those reasons. New synthetic materials are being developed constantly. This list is not exhaustive; a reputable outdoor equipment retailer should be able to provide you with information concerning current state of the art materials. Synthetics burn and melt readily.

**Nylon:** Nylon is a synthetic material used in lightweight shells and in rain gear. It is also used in conjunction with other materials (e.g., wool or cotton) as a reinforcing fiber. It is lightweight and dries quickly when wet. We recommend that your rain gear be made of coated nylon (avoid vinyl).

**Waterproof/breathable laminates:** Gore-Tex® and other similar materials (such as Ultrex®) are used as shell materials in outerwear. These materials are relatively waterproof, windproof, and breathable (i.e., air and vapor molecules can pass through the fabric from the inside, but cannot come in from the outside). To be most effective, there must be a strong enough humidity and temperature gradient between the body surface and the atmosphere to allow vapor movement but not so high as to turn the vapor to liquid or ice before escaping. These materials tend to be expensive, but high quality garments typically work very well.

**Cotton:** Cotton is a comfortable, breathable natural fabric. Light colored cotton is excellent for hot, dry situations due to its breathability and water retention. When damp or wet, cotton provides little or no insulation, and it can take a long time to dry. This is because the fibers are completely saturated and there are no air-filled spaces. In cold weather, cotton shirts and pants should not be worn next to your skin, as they will transfer heat away from your body. Cotton burns easily but does not melt.