

## Basic Mountaineering Course

### Written Test

1. Number routes in descending order of safety, with safest first.
  - a. \_\_\_ "U" shaped valley floor
  - b. \_\_\_ ridges
  - c. \_\_\_ sparse trees
  - d. \_\_\_ thick trees
  - e. \_\_\_ middle of open slopes
  
2. List three forms of evidence of previous avalanche activity.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. The best indicator of widespread snow instability is:
  - a. Widespread hard slab
  - b. Extensive depth hoar development
  - c. Recent avalanche activity on slopes of similar orientation
  - d. Sudden temperature changes
  
4. If you are caught in an avalanche:
  - a. Try to retain skis and poles
  - b. Remain silent but wave your arms around about so others can see you
  - c. Try to swim in order to remain on the surface
  - d. Keep your arms at your side as the avalanche comes to rest
  
5. For most efficient rescue, a searcher should have:
  - a. Avalanche rescue transceiver
  - b. Shovel
  - c. Probe
  - d. All of the above
  
6. The probability of locating an avalanche victim alive after being buried for 30 minutes is:
  - a. 25 percent
  - b. 75 percent
  - c. 50 percent
  - d. 15 percent
  
7. If you are the sole survivor in a backcountry avalanche, should you take time to make a thorough search or go immediately for help? \_\_\_\_\_

8. What are the slope angles at which avalanches most commonly occur? \_\_\_\_\_
9. The five key elements of a slope to be considered when evaluating avalanche potential are:
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
10. Blowing snow:
- Can begin to transport significant amounts of snow at 15 mph
  - Transports snow from windward to leeward slopes
  - Leads to denser, slabby deposits
  - All of the above
11. When you are about to cross a potential avalanche path, you should do this in preparation:
- Remove pole straps from wrist T F
  - Make sure safety straps are attached T F
  - Zip up all pockets and button up T F
  - Remove excess clothing T F
  - Tie avalanche cord around neck to keep it high T F
  - Switch avalanche transceiver to "receive" T F
  - Cross one person at a time T F
  - Have first man carry shovel T F
12. Arrange the following steps in order of priority for sole survivors of a backcountry avalanche accident where help is one hour away.
- \_\_\_\_\_ Go for help
  - \_\_\_\_\_ Probe slide with ski pole or ski for buried victim
  - \_\_\_\_\_ Mark last-seen point
  - \_\_\_\_\_ Initiate transceiver search
  - \_\_\_\_\_ Conduct a thorough search, probing all possible areas
13. What are some considerations when constructing wilderness shelters?
- Simple and small, for efficiency
  - Ventilation for stove and moisture
  - Location
  - All of the above
  - None of the above
14. What are some of the types of shelters

- a. Tarps
  - b. Tree wells
  - c. Snow shelters
  - d. None of the above
  - e. All of the above
15. Fires can be used for:
- a. Signaling
  - b. Terrorizing
  - c. Warmth and cooking
  - d. All of the above
  - e. a and c
16. A bow and drill are used for:
- a. Navigation
  - b. Remodeling the activity room
  - c. Finding avalanche victims
  - d. Starting a fire
17. Which of the following is considered in the design layout for fire building?
- a. Close to the tent
  - b. Breeze can fan the fire
  - c. Closest to north side of trees
  - d. Wind can help extinguish fire
18. An example of “natural” shelter is:
- a. Tent
  - b. Automobile
  - c. Downed tree
  - d. Snow shelter
  - e. c and d
19. An example of a “vapor barrier” is
- a. Gaiters
  - b. Non-breathable socks
  - c. Gore-tex pants
  - d. Down jacket
20. What is the first priority of survival
- a. Call home if late for dinner
  - b. Build a shelter
  - c. Positive mental attitude (PMA)
  - d. Gather firewood quickly
21. What is the goal (Axiom) of a person in a survival situation (besides staying alive)

- a. Build a shelter
  - b. Conserve energy
  - c. Pack extra gear
  - d. Plan to be comfortable
22. Number the priorities of survival in order of importance
- a. \_\_\_positive mental attitude
  - b. \_\_\_food
  - c. \_\_\_water
  - d. \_\_\_medical (if required)
  - e. \_\_\_shelter
  - f. \_\_\_signaling
  - g. \_\_\_fire
23. What type of shelter is best for a survival situation?
- a. Simplest for the situation
  - b. Snow cave
  - c. Tree house
  - d. Don't need shelter
24. How can you best prepare for a survival situation?
- a. Carry a survival kit
  - b. Carry the latest edition of "Wilderness Survival"
  - c. Update your will
  - d. Preparation by practice, planning and physical fitness
25. The treatment of moderately severe hypothermia includes all of the following except:
- a. Removing wet clothes
  - b. Having the patient assist with the rescue
  - c. Using a sit pad or sleeping pad under the patient
  - d. Warm fluids
26. Before starting CPR on a person who is severely hypothermic, you should check a pulse for
- a. 45 seconds
  - b. 10 seconds
  - c. 5 minutes
  - d. 1 hour
27. Which of the following make great fire starters:
- a. Flint and steel
  - b. Battery and steel wool
  - c. Waterproof matches
  - d. All of the above
  - e. a and c

28. Which of the following may cause loss of water
- Sweating
  - Alcohol
  - Caffeine
  - All of the above
29. Cardiovascular endurance training is generally done at what percentage of your maximum heart rate
- 5-10%
  - 25-35%
  - 60-70%
  - 100%
30. Which of the following is a good predictor for acute mountain sickness
- Thirst
  - Sleeplessness
  - Fellow rescuer
  - With muscle cramps
  - You can't predict AMS
31. The Winter Alpine Basic Mountaineering Course is meant to expose the participant to skills important in performing SAR functions in the San Bernardino mountains. T F
32. The highest level of competence is "unconscious competence." T F
33. Some ideas and items of equipment used in winter mountaineering can impart a false sense of security. T F
34. A heavy pack on a SAR mission must be accepted in order have all gear needed to be comfortable rather than just so survive. T F
35. Every piece of gear has some trade off associated with it. T F