

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:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

10. Blowing snow:
 - a. Can begin to transport significant amounts of snow at 15 mph
 - b. Transports snow from windward to leeward slopes
 - c. Leads to denser, slabby deposits
 - d. All of the above

11. When you are about to cross a potential avalanche path, you should do this in preparation:
 - a. Remove pole straps from wrist T F
 - b. Make sure safety straps are attached T F
 - c. Zip up all pockets and button up T F
 - d. Remove excess clothing T F
 - e. Tie avalanche cord around neck to keep it high T F
 - f. Switch avalanche transceiver to "receive" T F
 - g. Cross one person at a time T F
 - h. 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.
 - a. _____ Go for help
 - b. _____ Probe slide with ski pole or ski for buried victim
 - c. _____ Mark last-seen point
 - d. _____ Initiate transceiver search
 - e. _____ Conduct a thorough search, probing all possible areas

13. What are some considerations when constructing wilderness shelters?
 - a. Simple and small, for efficiency
 - b. Ventilation for stove and moisture
 - c. Location
 - d. All of the above
 - e. 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
 - a. Sweating
 - b. Alcohol
 - c. Caffeine
 - d. All of the above

29. Cardiovascular endurance training is generally done at what percentage of your maximum heart rate
 - a. 5-10%
 - b. 25-35%
 - c. 60-70%
 - d. 100%

30. Which of the following is a good predictor for acute mountain sickness
 - a. Thirst
 - b. Sleeplessness
 - c. Fellow rescuer
 - d. With muscle cramps
 - e. 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