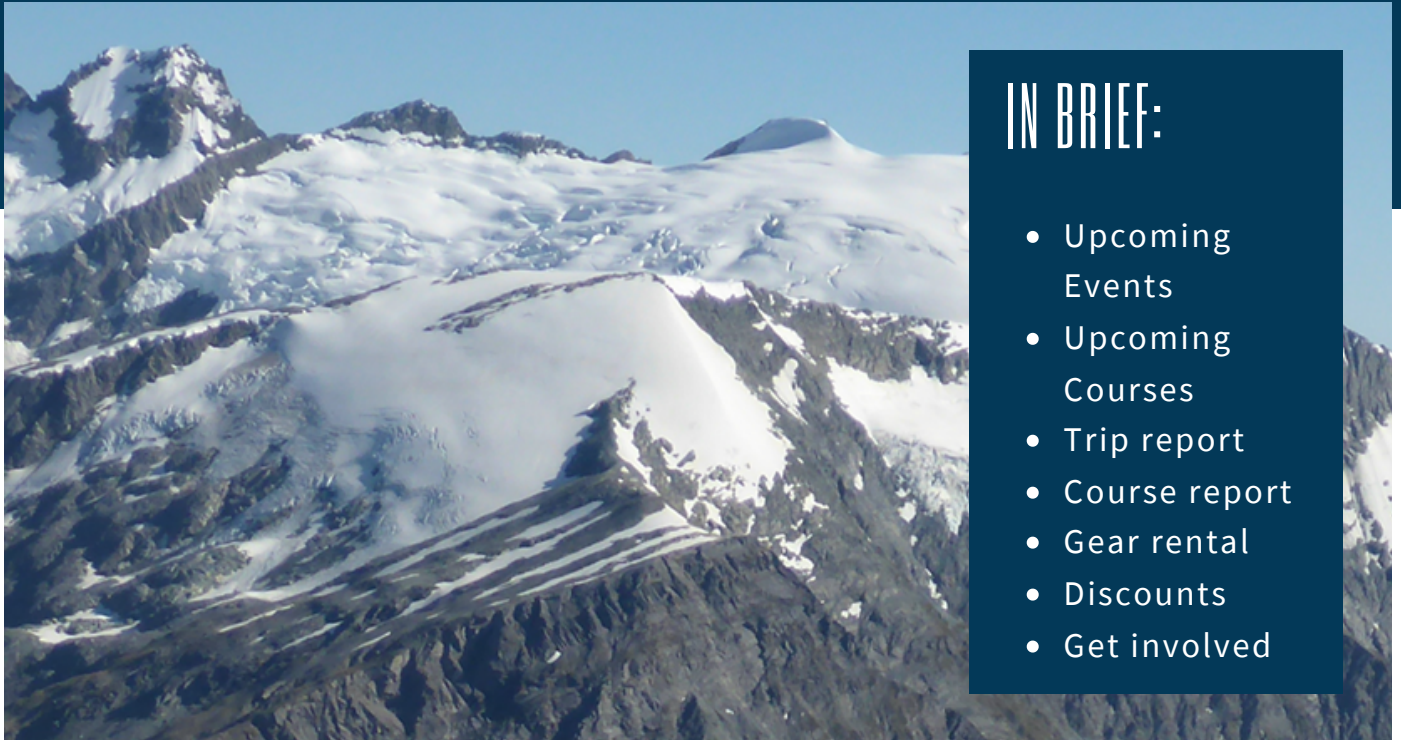


NOVEMBER 2022

OTAGO CLIMBER

Newsletter of the Otago Section of the New Zealand Alpine Club



IN BRIEF:

- Upcoming Events
- Upcoming Courses
- Trip report
- Course report
- Gear rental
- Discounts
- Get involved

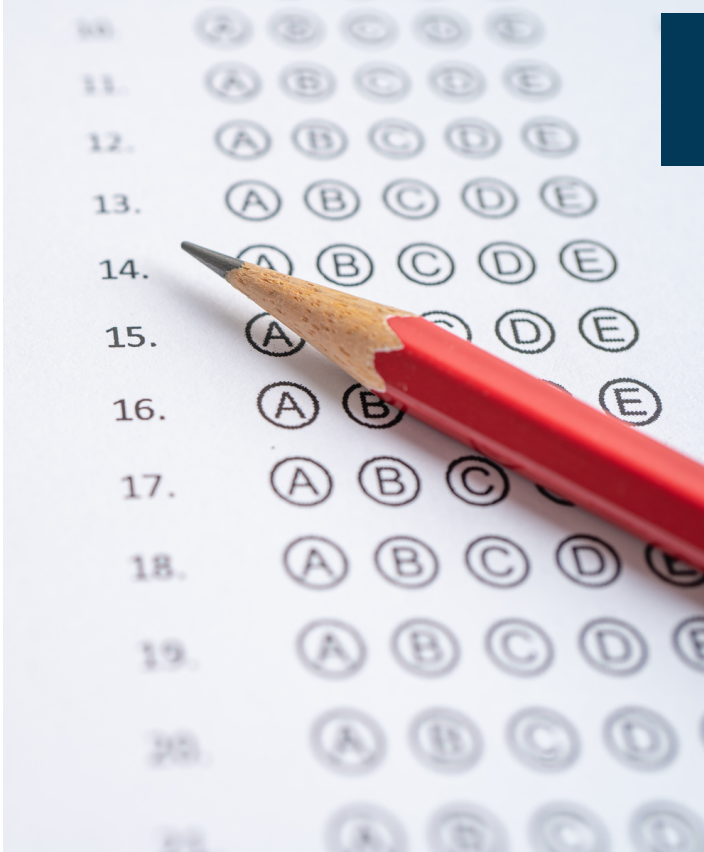
FIGURE 8 FOR SALE



The figure 8 sculpture was created by Mhairi Bonte-Duncan and she has donated it to the club and we are offering it for sale with the proceeds to go to the Aspiring Hut upgrade. This would be the perfect Christmas Gift for a climber in your life. It is yours for \$100. Contact Keith at Moffat.k172@gmail.com if you are interested. It is 390 X 190 mm and mounted on 25mm thick Rimu base.

UPCOMING EVENTS

What's happening over the next two months?



WEDNESDAY 7TH DECEMBER 7.30PM, UNIVERSITY STAFF CLUB
SECTION MEETING – QUIZ NIGHT!

Our December Section night will be a pre-Christmas social gathering incorporating a quiz to test your alpine and outdoor knowledge. You will be allocated to teams and our quiz master will be cat in the hat Philip Somerville. Please bring a pen to record your answers. It would be great to a good turnout for our last even o the year. The bar will be open for you to purchase drinks.

The grand prize will be a selection of Real Meal dehydrated meals.

THURSDAY 19 JAN – MOUNTAIN DREAMING BOOK LAUNCH

Mountain Dreaming is a collection of poetry inspired by mountains, but also by life and its conundrums and its unanswered questions. The poems were written by Peter Strang over many years spent in and around high places in Aotearoa, and also further abroad.

Where? Ombrellos' Kitchen and Bar

When: 6-8pm Thursday 19th of January

Check out the [Facebook Event](#).



NZAC OTAGO

CLIMBING COURSE DATES

spring/summer 2022

Intro course:

1st Oct, 0930-1600 (PCQ-LB)

4th Feb, 0930-1600 (PCQ-LB)

Lead course:

3rd- 4th Dec, 0930-1600 (3rd PCQ - 4th LB)

18th-19th Feb, 0930-1600 (18th PCQ - 19th LB)

Trad course:

19th-20th Nov, 0930-1600 (LB?)

27th Nov, 0930-1600 (LB?) - an extra skills training/extension course for either people who have done the intro trad or are already trad climber.

PCQ - PORT CHALMERS QUARRY

LB - LONG BEACH

Course costs:

Intro course (\$40pp)

Sport lead (\$200pp 2 day, \$100 for 1 day refresher)

Trad course (\$300pp x 2 days or \$150 for one day refresher/extension course)

Want to know more/book a spot?

Email: otagoclimber@gmail.com



UPCOMING EVENTS

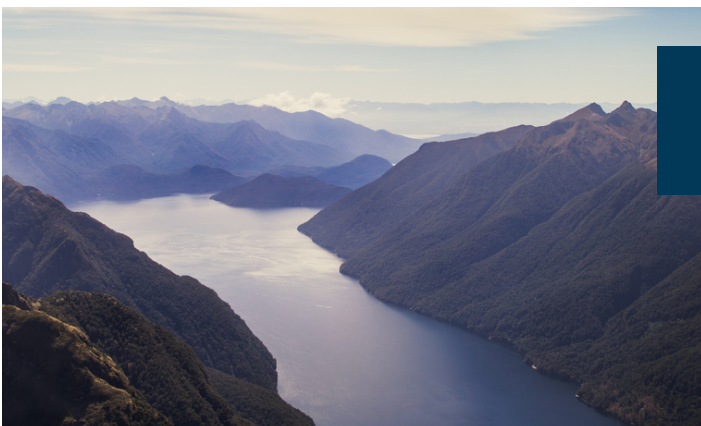
What's happening over the next two months?

WAITANGI WEEKEND TRIP – CASCADE SADDLE AND MT LIVERPOOL, 4-6TH FEBRUARY

This trip will involve putting in a camp on Cascade saddle and from there climbing Mt Liverpool along Governor's ridge via Plunket Dome and Islington Dome. This is usually an easy climb but roping up for crevasse travel is advisable after Plunket Dome. The plan is to walk into Cascade Hut on a Friday afternoon/evening and on Saturday climb to our campsite which is where the Cascade Saddle track crosses Cascade creek. There is a toilet at this site. On Sunday we climb Liverpool and return to the campsite. Monday, we walk out and drive home. For people with more time, we are looking at the option of staying in the area for a few days to check out other peaks or just to get good weather for Liverpool. You can register at <https://www.osonzac.org.nz/> for further information contact Keith at Moffat.k172@gmail.com



[SIGN UP HERE](#)



WEDNESDAY 1 FEB, UNIVERSITY STAFF CLUB SECTION MEETING

This meeting will be a show and tell evening for you to tell us about your summer adventures and to hear what everyone else has been up to.

TRIP REPORT



MT DICK

WRITTEN BY BEN NICHOLSON

A trip of Mt Dick ended up going ahead, however we didn't have too much luck. We got up around 1550m at about 2.30pm when some cloud rolled in. We decided to park up for some lunch and see if it would clear, then a big clap of thunder really put us off! We had already waited until 3pm and no sign of anything clearing.

The rain was not forecast to stay but it was not looking great to set up camp in the wet.

We decided to turn around and it was a good thing we did, because it rained for another hour while walking down. We were in the pub in Kingston by 6 pm, had a bite to eat, and decided to drive back to Dunedin.

Overall still a good day out!



PEAK SAFETY FIRST AID COURSE REPORT



OUTDOOR FIRST AID COURSE

WRITTEN BY MHAIRI-BRONTE
DUNCAN

When planning for your summer adventures there are 3 pieces of kit every adrenaline seeking individual should always have. A location beacon, fully stocked first aid kit and the knowledge from attending a first aid course. All too often we can apply the she'll be right attitude to exploring the outdoors but in an emergency that is of little help.

I thought I knew enough to keep myself safe in the outdoors. It wasn't until I witnessed 2 Mountainerring falls, one on alpine rock and another from an ice climb this year, that I realised I seriously needed to upskill.

I was incredibly thankful to have had a doctor with me on both occasions who assessed on site and for the SAR and snow patrol teams. However, these experiences exposed to me that my basic high school first aid qualifications were in desperate need of a refresher with outdoor specific scenarios in mind.

Peak Safety run outdoor specific 1 and 2 day first aid courses and on the 5th of Novemeber 11 OSONZAC members meet at Long Beach Community Hall to complete Day 1.

The OSONZAC held its first outdoor specific first aid course with Peak Safety on the 5th of Novemeber at the Long Beach Community Hall. Our incredibly experienced instructor Caitlin Hill, took us through an extensive 8.5hr course. She explained DRS ABC. If you didn't know what that stood for go sign up for a first aid course!



- D-Danger
- R-Response
- S-Send for Help
- A-Airways
- B-Breathing
- C-Circulation

Then Caitlin took us through different injuries, explaining the difference between bandaging and treating a bleed versus a fracture and how to use a mouldable splint. We discussed how you could identify the mechanics of injury and completing a head to toe assessment. I found this exceptionally helpful as I had watched the doctors complete these on site after mountaineering accidents and finally I was understanding what it was they were feeling for. Then we worked through SAMPLE, again if you do not know what this is please go and sign up for a first aid course.

- S-Sign & Symptom
- A-Allergies
- M-Medications
- P-Previous Medical History
- L-Last Meal/Drink
- E-Events Prior

SAMPLE is extremely helpful both for yourself and for when you contact emergency services.



Both acronyms help you to remember what to do in an emergency situation and act as prompts for questions to ask if the person is conscious.

Building our first aid tool kit up we dug deeper into fractures, how they can occur and how we can treat/stabilise them with splints until emergency help arrives. Fractures are very common in the outdoors often occurring due to a fall or high speed crash in ski touring. We learned CSM to remind us to check the splint was not causing damage.

- C-Circulation
- S-Sensation
- M-Movement

Then we covered other outdoor specific injuries, including crushes, punctures, abrasions, blood loss, shock, collapsed lung/s. The information we gathered was regularly put to the test throughout the day through scenarios in which each participant acted as injured, assessor and helper. These scenarios became increasingly more complex and higher risk. I found the scenarios really helpful for concreting our new knowledge, often you think you know something because you have just discussed it or read about but putting it into practice really shows if you have actually taken it in. Peak Safety even supplied us with some very realistic looking open fracture prosthetics.

Next our group was split up to learn about common medical conditions you can come across in the outdoors, Asthma, Diabetes, Eplilsy and Heart attacks to name a few of them. The group was incredibly creative drawing cartoons, acting out scenarios and telling of real life experiences to inform the group of the signs and treatments for the various conditions.

And of course it wouldn't be a first aid course if it did not include a section on CPR. We applied Defibulaitors and compressions to high tech CPR dolls which linked to an app monitoring the effectiveness of your compressions.



Lastly, we discussed the essentials for a first aid kit and how to prepare for a helicopter rescue.

You never know when you will need first aid, however, it is something you should not neglect. Actively upskill yourself because when you need it, you really need it. Help in the outdoors as many of us know if often hours away at best so the more you know to keep yourself and others safe the better.

On behalf of all the attendees, thank you OSONZAC for working with Peak Safety to provide us with access to such a solid 1 Day first aid course. Caitlin did an incredible job answering all our questions and teaching us life saving skills.



OSONZAC WEBSITE

Otago Section of the New Zealand Alpine Club



Login

Email address:

Password:

[Troubles signing in?](#)

Events

[Upcoming Events](#)

[Past Events](#)

Resources

[Signing up for an account](#)

[Contact the section](#)

[How-to guides](#)

[Become a trip leader](#)

[Hiring section gear](#)

[Tuesday night rock climbing](#)

External Links

[NZAC Website](#)

[NZAC website - Otago section](#)

[OSONZAC Facebook Page](#)

[Climb NZ](#)

[Topomap](#)

Welcome to the website and online event calendar for the Otago Section of the New Zealand Alpine Club (OSONZAC). The list of upcoming events is below. Most of our events are open to both members and non-members of the New Zealand Alpine Club (NZAC). You don't need to sign up for an account with the site to join most events, but if you want to get email notifications when new events are posted then you [will need an account](#).

If you are a member and are interested in joining or organizing an event, you should [sign-up for an account](#). Already have an account? See our [how-to guides](#) if you want to know how to join or organize an event. We welcome members from all sections.

Our calendar displays two types of events:

1. Section events, where the trip organizer is a member of the NZAC who has been [vetted by the section committee](#) as being a trustworthy and competent trip leader. **The section always welcomes new trip leaders!**
2. Private member events, where the trip organizer is any member of the NZAC. **The section committee does not review privately organized events.**

This website is a work in progress. If you have any questions, comments, or concerns please email the [webmaster](#).

Notices

There are no notices at this time.

Upcoming Events for the Otago Section of the New Zealand Alpine Club

[Section events](#) [Private member events](#)

Start Date	End Date	Event Name	Type	Max	Reg	Wait-listed
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Club Trips are frequently listed on the OSONZAC website, make sure you have your account registered in order to be notified of any new trips.

You can access the website at <https://www.osonzac.org.nz>

GEAR HIRE

PLBs (Personal Locator Beacons)

The Otago Section has two PLBs (Personal Locator Beacons) for use by Section members. Rental is free for NZAC members and \$5 per day for non-members. Fill out the online booking form then contact Keith Moffatt to arrange to collect a unit (contact info in Section Contacts).

Avalanche Equipment and Snowshoes

Available for rent from Hunting and Fishing, Dunedin (141 Crawford street). Rental for members is \$5 per day for snowshoes. You MUST show your current membership card to receive that rate. Fees for non members are \$10 per day with a \$20 deposit. Members are welcome to collect gear on Friday and return on Monday and two day's rental will apply.

If you have any issues with the gear or rentals, please contact the Section, Hunting and Fishing are doing us a huge favour running the rentals; please don't hassle the staff!

Guide Books Available

The Section has an up-to-date set of guidebooks available to members. Priority goes to trip leaders, however, these are available to all members. Contact us to arrange use

Aoraki Tai Poutini, *Rob Frost, 4th ed, 2018*

Backcountry Ski Touring in New Zealand, *Shane Orchard 1st ed., 2018*

Barron Saddle- Mount Brewster, *Ross Cullen, 2nd ed., 2002*

Mount Aspiring Region, *Allan Uren and Mark Watson 4th ed., 2016*

The Otago Southern Alps, *Danilo Hegg & Geoff Spearpoint, 8th ed., 2013*

Queenstown Rock, Ice & Boulders, *Guillaume Charton 3rd ed., 2018*

Rock Deluxe, *Ivan Vostinar and Kate Sinclair, 2nd ed., 2015*

Wanaka Rock, *7th ed., 2014*

DISCOUNTS

CHECK THE NZAC WEBSITE FOR A FULL DISCOUNT LIST AND DETAILS

FOR SOME OF THESE DISCOUNTS YOU'LL NEED YOUR NZAC CARD, FOR OTHERS YOU'LL NEED YOUR FMC CARD.



15% OFF

In store & online

NZAC for more details

NZAC OR FMC MEMBERS ONLY

10% OFF



DISCOUNTS

CHECK THE NZAC WEBSITE FOR A FULL DISCOUNT LIST AND DETAILS

FOR SOME OF THESE DISCOUNTS YOU'LL NEED YOUR NZAC CARD, FOR OTHERS YOU'LL NEED YOUR FMC CARD.



30% OFF





CENTRAL OTAGO SECTION COMMITTEE

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Danilo Hegg (Treasurer) | Danilo_Hegg@hotmail.com
Eve O'Brein | eve.j.obrien@gmail.com
Juliet Meldrum | jmeldrum@doctors.org.uk
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Facebook: <https://www.facebook.com/osonzac>

Instagram: <https://www.instagram.com/otago.climber/>

Trip info & booking: www.osonzac.org.nz

GET INVOLVED!

Committee member meeting second Wednesday each month. We are always looking for more volunteers to share the load of section leadership. Please get in touch if you'd like to come along to a committee meeting.

To find out more, contact us at otago.climber@gmail.com