



AAC Publications

Glissading With Crampons

California, Mt. Shasta, Avalanche Gulch

On June 11, a female climber was descending the Avalanche Gulch route. Once below the Red Banks, she attempted to glissade down snow toward Helen Lake. Somewhere near the Heart, her crampons caught in the snow or ice and she twisted or broke her ankle. Ranger Nick Meyers responded to her location, at about 11,700 feet, and assisted her down to Helen Lake, from which a California Highway Patrol helicopter transported her to Mercy Medical.

ANALYSIS

Glissading while wearing crampons is one of the leading causes of injury on Mt. Shasta. Don't do it. (Source: Mt. Shasta and Castle Crags Wilderness Climbing Ranger Report 2016.)

Images

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