

## SOUL OF STEEL TRAINING SCHEDULE

<u>Date</u>	<u>Day</u>	<u>Time From</u>	<u>Time To</u>	<u>Subject</u>	<u>Type</u>
03-Apr	Mon	0600 hrs	0730 hrs	PT,(ENDURANCE)	
			0845 hrs	Reporting for Training	
		0900 hr	0940 hr	Introduction to Mountaineering Equipment & Equipment Care	LD
		0945 hr	1030 hr	Introduction to Mountaineering Equipment & Equipment Care	LD
		1050 hr	1130 hr	Preparing, wearing clothing and gearing up for climbing in all terrains	LD
		1135 hr	1220 hr	Preparing, wearing clothing and gearing up for climbing in all terrains	PR
			1415 hr	Reporting for Training	
		1430 hr	1510 hr	Rope knots, coiling and Improvised Climbing Harness	LD
		1520hr	1600 hr	Rope knots, coiling and Improvised Climbing Harness	PR
		1620 hr	1700 hr	Packing of Rucksack	LD
		1700 hr	1740 hr	Packing of Rucksack	PR
04-Apr	Tue	0600 hrs	0730 hrs	PT(Strength upper body)	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Climbing Practise	PR
		0945 hr	1030 hr	Principles of Rock Climbing, Types of Climbing Holds and Climbing Techniques	LD
		1050 hr	1130 hr	Principles of Rock Climbing, Types of Climbing Holds and Climbing Techniques	PR
		1135 hr	1220 hr	Principles of Rock Climbing, Types of Climbing Holds and Climbing Techniques	PR
			1415 hr	Reporting	
		1430 hr	1510 hr	Anchoring & Making Bases	LD
		1520hr	1600 hr	Anchoring & Making Bases	PR
		1620 hr	1700 hr	Climbing prac	PR
		1700 hr	1740 hr	Climbing prac	PR
05-Apr	Wed	0600 hrs	0730 hrs	PT(Self Defence)	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Principles of Rock Climbing, Types of Climbing Holds and Climbing Techniques	PR
		0945 hr	1030 hr	Climbing prac	PR
		1050 hr	1130 hr	Tent pitching	LD

		1135 hr	1220 hr	Tent pitching	PR
			1415 hr	Reporting	
		1430 hr	1510 hr	Belaying & Abseiling with Equipment Retrieval	LD
		1520hr	1600 hr	Belaying & Abseiling with Equipment Retrieval	PR
		1620 hr	1700 hr	Introduction to Himalayas & History of Mountaineering	T
		1700 hr	1740 hr	Survival Principles, Equipment and Tools	LD
06-Apr	Thurs	0600 hrs	0730 hrs	PT(Endurance)	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Rope Fixing and Ascending on Fixed Ropes	LD
		0945 hr	1030 hr	Rope Fixing and Ascending on Fixed Ropes	PR
		1050 hr	1130 hr	Stance at Base and Rope Management	LD
		1135 hr	1220 hr	Stance at Base and Rope Management	PR
			1415 hr	Reporting	
		1430 hr	1510 hr	Benightment: Improvised Shelters in Different Terrains	LD
		1520hr	1600 hr	Benightment: Improvised Shelters in Different Terrains	PR
		1620 hr	1700 hr	Rock Terminology	LD
	1700 hr	1740 hr	Mountain Climbing ways & Ethics	T	
07-Apr	Friday	0600 hrs	0730 hrs	PT(Strength Upper body)	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Rock Terminolgy	PR
		0945 hr	1030 hr	Multi-pitch Climbing & Abseiling	LD
		1050 hr	1130 hr	Multi-pitch Climbing & Abseiling	PR
		1135 hr	1220 hr	Stance at Base and Rope Management	PR
			1415 hr	Reporting	
		1430 hr	1510 hr	Water Trapping and Igniting Fire	LD
		1520hr	1600 hr	Water Trapping and Igniting Fire	PR
		1620 hr	1700 hr	Climbing Route Grading Systems	T
	1700 hr	1740 hr	Camp Setting & Hygiene (Leave No Trace)	T	
08-Apr	Sat	0600 hrs	0730 hrs	PT (Self Defence)	
		0830 hrs	0845 hrs	Reporting	
		0900 hr	0940 hr	Climbing, Abseiling, Belaying	PR
		0945 hr	1030 hr	Multi-pitch Climbing & Abseiling	PR
		1050 hr	1130 hr	Weekly Technical Test	
		1135 hr	1220 hr	Weekly Counselling	

		1415 hr		Reporting	
		1430 hr	1510 hr	Rope knots, coiling and Improvised Climbing Harness	PR
		1520hr	1600 hr	Introduction to Building Sport Climbing Routes on Natural Rock Faces	LD
		1620 hr	1700 hr	Rations, meal planning & packaging	LD
		1700 hr	1740 hr	Survival Principles, Equipment and Tools	PR
09-Apr	Sun	0700 hr	0800 hr	PT(Yoga)	
				Personal Administration	
				Counselling	
		1100 hr	1230 hr	Med Inspection	
				Visit to the market	
	1800 hr	1900 hr	Training film		
10-Apr	Mon	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting for training	
		0900 hr	0940 hr	Multi-pitch Climbing & Abseiling	LD
		0945 hr	1030 hr	Multi-pitch Climbing & Abseiling	LD
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Multi-pitch Climbing & Abseiling	PR
		1135 hr	1220 hr	Multi-pitch Climbing & Abseiling	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting for training	
		1430 hr	1510 hr	Rope Fixing and Ascending on Fixed Ropes	PR
		1520hr	1600 hr	Rope Fixing and Ascending on Fixed Ropes	PR
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Making Rope Ladder and Burma Bridge	LD
1700 hr	1740 hr	Making Rope Ladder and Burma Bridge	PR		
11-Apr	Tue	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Aid Climbing and Piton Climbing	LD
		0945 hr	1030 hr	Aid Climbing and Piton Climbing	PR
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Aid Climbing and Piton Climbing/ Multi Pitch climbing	PR
		1135 hr	1220 hr	Aid Climbing and Piton Climbing/ Multi Pitch climbing	PR
			1220 hr	Lunch Break	
	1415 hr	Reporting			

		1430 hr	1510 hr	Making Rope Ladder and Burma Bridge	PR
		1520hr	1600 hr	Making Rope Ladder and Burma Bridge	PR
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Introduction to Maps and Navigation Equipment	T
		1700 hr	1740 hr	Introduction to Maps and Navigation Equipment	T
12-Apr	Wed	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Overhang ropewalk	LD
		0945 hr	1030 hr	Overhang ropewalk	LD
		10:30	10:50	Tea Break	
		1050 hr	1220 hr	Overhang ropewalk / Aid climbing	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Introduction to Maps and Navigation Equipment	PR
		1520hr	1600 hr	Introduction to Maps and Navigation Equipment	PR
		1600 hr	1620 hr	Tea Break	
1620 hr	1700 hr	Overhang ropewalk / Aid climbing	PR		
1700 hr	1740 hr	Overhang ropewalk / Aid climbing	PR		
13-Apr	Thurs	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Lead Climbing and Belaying	LD
		0945 hr	1030 hr	Lead Climbing and Belaying	PR
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Lead Climbing and Belaying / Multipitch Climbing	PR
		1135 hr	1220 hr	Lead Climbing and Belaying / Multipitch Climbing	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Aid Climbing and Piton Climbing / Stance Management / Fixing Ropes	PR
		1520hr	1600 hr	Aid Climbing and Piton Climbing / Stance Management / Fixing Ropes	PR
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	High Altitude Cooking	LD
1700 hr	1740 hr	High Altitude Cooking	PR		
14-Apr	Fri	0600 hrs	0730 hrs	PT	
		0830 hrs	0845 hrs	Reporting	

		0900 hr	0940 hr	Multipitch Climbing / Abselling with Eqp retrieval / Rope Fixing / Multi pitch abselling	PR
		0945 hr	1030 hr	Multipitch Climbing / Abselling with Eqp retrieval / Rope Fixing / Multi pitch abselling	PR
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Multipitch Climbing / Abselling with Eqp retrieval / Rope Fixing / Multi pitch abselling	PR
		1135 hr	1220 hr	Multipitch Climbing / Abselling with Eqp retrieval / Rope Fixing / Multi pitch abselling	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Map Reading & Navigation	PR
		1520hr	1600 hr	Map Reading & Navigation	PR
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	High Altitude Cooking	PR
		1700 hr	1740 hr	High Altitude Cooking	PR
15-Apr	Sat	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Weekly Technical Test	
		0945 hr	1030 hr	Weekly Technical Test	
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Weekly Technical Test	PR
		1135 hr	1220 hr	Weekly Technical Test	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Survival Principles, Equipment and Tools	PR
		1520hr	1600 hr	Astro Navigation without Maps	LD
		1600 hr	1620 hr	Tea Break	
1620 hr	1700 hr	Navigation Exercise	PR		
1700 hr	1740 hr	Navigation Exercise	PR		
16-Apr	Sun	0700 hrs	0800 hrs	Yoga and stretching	
			0845 hrs	Reporting	
		0900 hr	1030 hr	Counselling	
		10:30	10:50	Tea Break	
		1100 hr	1220 hr	Medical Inspection	
		1430 hr	1730 hr	Visit to the market	
	1800 hr	1900 hr	Training Film		
17-Apr	Mo	0600 hrs	0730 hrs	PT	

18-Apr		0845 hrs	Reporting		
		0900 hr	0940 hr	Lead Climbing and Belaying / Fall Practise	PR
		0945 hr	1030 hr	Lead Climbing and Belaying / Fall Practise	PR
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Lead Climbing and Belaying / Fall Practise	PR
		1135 hr	1220 hr	Lead Climbing and Belaying / Fall Practise	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Half Rope and Twin Rope System	LD
		1520hr	1600 hr	Introduction to Building Sport Climbing Routes on Natural Rock Faces	LD
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Survival Principles, Equipment and Tools	PR
		1700 hr	1740 hr	Survival Principles, Equipment and Tools	PR
18-Apr	Tue	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Rescue Techniques: Rock- Assisted Method, Cliff, One Man Method, Piggy Bag	LD
		0945 hr	1030 hr	Rescue Techniques: Rock- carr of casualty- Assisted Method, Cliff and Chimney Rescue, One Man Method, Piggy Bag	LD
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Rescue Techniques: Rock- Assisted Method, Cliff and Chimney Rescue, One Man Method, Piggy Bag	PR
		1135 hr	1220 hr	Rescue Techniques: Rock- - Assisted Method, Cliff and , One Man Method, Piggy Bag	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Survival Techniques	PR
		1520hr	1600 hr	Survival Techniques	PR
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Survival Techniques	PR
1700 hr	1740 hr	Survival Techniques	PR		
19-Apr	Wed	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Chimney Rescue	LD
		0945 hr	1030 hr	Chimney Rescue / Piggy Bag,Assisted Methood	PR
		10:30	10:50	Tea Break	

		1050 hr	1130 hr	Chimney Rescue / Piggy Bag,Assisted Method	PR
		1135 hr	1220 hr	Chimney Rescue / Piggy Bag,Assisted Method	PR
			1220 hr	Lunch	
			1415 hr	Reporting	
		1430 hr	1510 hr	Lead Climbing and Belaying / Half Rope & Twin Rope system / Anchoring & Making Bases	PR
		1520hr	1600 hr	Lead Climbing and Belaying / Half Rope & Twin Rope system / Anchoring & Making Bases	PR
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Survival Techniques	PR
		1700 hr	1740 hr	Survival Techniques	PR
20-Apr	Thu	0600 hrs	0730 hrs	PT	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Carriage of Casualty Rescue	LD
		0945 hr	1030 hr	Carriage of Casualty Rescue	PR
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Carriage of Casualty Rescue / Chimney Rescue	PR
		1135 hr	1220 hr	Carriage of Casualty Rescue / Chimney Rescue	PR
			1220 hr	Lunch Break	
			1415 hr	Reporting	
		1430 hr	1510 hr	Rations, meal planning & packaging	LD
		1520hr	1600 hr	Rations, meal planning & packaging	LD
		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Survival Techniques	PR
1700 hr	1740 hr	Survival Techniques	PR		
21-Apr	Fri	0600 hrs	0730 hrs	PT - Yoga Stretching	
			0845 hrs	Reporting	
		0900 hr	0940 hr	Rescue & Load Hauling Techniques : Palon System / Double Mariner	LD
		0945 hr	1030 hr	Rescue & Load Hauling Techniques : Palon System / Double Mariner	PR LD
		10:30	10:50	Tea Break	
		1050 hr	1130 hr	Revision of all rescue techniques	PR
		1135 hr	1220 hr	Revision of all rescue techniques	PR
		1220 hr		Lunch Break	
		1415 hr		Reporting	
		1430 hr	1510 hr	Revision of all rescue techniques	PR
		1520hr	1600 hr	Revision of all rescue techniques	PR

		1600 hr	1620 hr	Tea Break	
		1620 hr	1700 hr	Lead Climbing & Belaying / Fall practise / Abselling / Making Bases	PR
		1700 hr	1740 hr	Lead Climbing & Belaying / Fall practise / Abselling / Making Bases	PR
<b>22/04/23</b>	<b>Sat</b>			<b>Ex Khoj Navigation and Survival Exercise</b>	
<b>23-Apr</b>	<b>Sun</b>		0800hrs	Return to Hostel from Ex Khoj	
		0830 hrs	0845 hrs	Reporting	
		0900 hr	0940 hr		
		0945 hr	1030 hr	Personal Administration	
		10:30	10:50	Tea Break	
		1050 hr	1130 hr		
		1135 hr	1220 hr		
	1220 hr				
<b>24 &amp; 25-Apr</b>	<b>Mon &amp; Tue</b>			<b>Movement from Nainital to Ghamsali via Joshimath</b>	<b>MOV</b>
<b>26-Apr</b>	<b>Wed</b>	0830 hr	0930 hr	Breakfast	
		0930 hr	1100 hr	Packing of Rucksack	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1245 hr	Expedition Planning	T
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Acclimatisation in High Altitude	T
		1550 hr	1630 hr	Mountain Hazards	T
		1630 hr	1700 hr	Tea Break	
1700 hr	1800 hr	Concept and system of Search and Rescue and evacuation in Himalayas	T		
<b>27-Apr</b>	<b>Thu</b>	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	Tyrolean traverse and Zipline	LD
		1020 hr	1100 hr	Tyrolean traverse and Zipline	PR
		1100 hr	1115 hr	Tea Break	



		1115 hr	1155 hr	Tyrolean traverse and Zipline	PR
		1205 hr	1245 hr	Tyrolean traverse and Zipline	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Lead Climbing and Belaying	PR
		1550 hr	1630 hr	Lead Climbing and Belaying	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	Introduction to Communication Equipment & Procedures	LD
		1735 hr	1805 hr	Introduction to Communication Equipment & Procedures	LD
28-Apr	Fri	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	River Crossing Technique	LD
		1020 hr	1100 hr	River Crossing Technique	LD
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	River Crossing Technique	PR
		1205 hr	1245 hr	River Crossing Technique	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Communication Equipment & Procedures	PR
		1550 hr	1630 hr	Communication Equipment & Procedures	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	High Altitude Illness & Injuries	T
1735 hr	1805 hr	High Altitude Illness & Injuries	T		
29-Apr	Sat	0630 hr	0800 hr	Weekly Physical Tests	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1245 hr	Weekly Technical Test	
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1630 hr	Weekly Counselling	
		1630 hr	1805 hr	Training Film	
				<b>Assignment for Expedition Planning</b>	
30-Apr	Sun			Yoga and Meditation	
				Breakfast	
				Medical Inspection	
				Personal Administration	
				Training Film	
				<b>Submission of Assignment for Expedition Planning</b>	

01-May	Mon	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	Multipitch Climbing / Abselling with Eqp retrieval / Rope Fixing / Multi pitch abselling	PR
		1020 hr	1100 hr	Multipitch Climbing / Abselling with Eqp retrieval / Rope Fixing / Multi pitch abselling	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	Improvised Stretchers and Alpine Basket	LD
		1205 hr	1245 hr	Improvised Stretchers and Alpine Basket	LD
		1300 hr	1500 hr		
		1500 hr	1540 hr	Improvised Stretchers and Alpine Basket	PR
		1550 hr	1630 hr	Improvised Stretchers and Alpine Basket	PR
		1630 hr	1645 hr		
		1645 hr	1725 hr	Communication Equipment & Procedures	PR
		1735 hr	1805 hr	Communication Equipment & Procedures	PR
02-May	Tue	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	Trad Climbing	LD
		1020 hr	1100 hr	Trad Climbing	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	Trad Climbing	PR
		1205 hr	1245 hr	Trad Climbing	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Characteristics of Indian Helicopters and Marking of Helipad	LD
		1550 hr	1630 hr	Characteristics of Indian Helicopters and Marking of Helipad	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	First Aid	LD
		1735 hr	1805 hr	First Aid	LD
03-May	Wed	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	All Rescue Technique	PR
		1020 hr	1100 hr	All Rescue Technique	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	Helipad Marking	PR
		1205 hr	1245 hr	Helipad Marking	PR
		1300 hr	1500 hr	Lunch Break	

		1500 hr	1540 hr	Use of GPS in Navigation	LD
		1550 hr	1630 hr	Use of GPS in Navigation	LD
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	First Aid	PR
		1735 hr	1805 hr	First Aid	PR
04-May	Thu	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	Climbing & Belaying	PR
		1020 hr	1100 hr	Climbing & Belaying	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	Guidance and Signal to Helicopter	LD
		1205 hr	1245 hr	Preparation of Casualty for winching by Helicopter	LD
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Guidance and Signal to Helicopter	PR
		1550 hr	1630 hr	Preparation of Casualty for winching by Helicopter	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	First Aid	PR
		1735 hr	1805 hr	First Aid	PR
05-May	Fri	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	All Rescue Technique	PR
		1020 hr	1100 hr	All Rescue Technique	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	All Rescue Technique	PR
		1205 hr	1245 hr	All Rescue Technique	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Rescue Reporting and Documentation Procedures	LD
		1550 hr	1630 hr	Rescue Reporting and Documentation Procedures	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	Expedition Planning Exercise	PR
		1735 hr	1805 hr	Expedition Planning Exercise	PR
06-May	Sat	0630 hr	0800 hr	Weekly Physical Tests	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1245 hr	Weekly Technical Test	

		1300 hr	1500 hr	Lunch Break	
		1500 hr	1630 hr	Weekly Counselling	
		1630 hr	1805 hr	Training Film	
				<b>Assignment for Expedition Planning</b>	
07-May	Sun			Yoga and Meditation	
				Breakfast	
				Medical Inspection	
				Personal Administration	
				Training Film	
				<b>Submission of Assignment for Expedition Planning</b>	
08-May	Mon	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	Dry Tooling	LD
		1020 hr	1100 hr	Dry Tooling	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	River Crossing Technique	PR
		1205 hr	1245 hr	River Crossing Technique	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Survival Techniques	PR
		1550 hr	1630 hr	Survival Techniques	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	Rescue Reporting and Documentation Procedures	PR
1735 hr	1805 hr	Improvised Stretchers and Alpine Basket	PR		
09-May	Tue	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	Trad Climbing	PR
		1020 hr	1100 hr	Trad Climbing	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	Dry Tooling	PR
		1205 hr	1245 hr	Dry Tooling	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Introduction to Glacier	T
		1550 hr	1630 hr	Introduction to Avalanche	T
		1630 hr	1645 hr	Tea Break	

		1645 hr	1725 hr	Use of Gamow bag in high altitude	LD
		1735 hr	1805 hr	Use of Gamow bag in high altitude	PR
10-May	Wed	0630 hr	0800 hr	Physical endurance training	
		0800 hr	0930 hr	Breakfast	
		0930 hr	1010 hr	All Rescue Technique	PR
		1020 hr	1100 hr	All Rescue Technique	PR
		1100 hr	1115 hr	Tea Break	
		1115 hr	1155 hr	Helipad Marking & Signals	PR
		1205 hr	1245 hr	Helipad Marking & Signals	PR
		1300 hr	1500 hr	Lunch Break	
		1500 hr	1540 hr	Expedition Planning Exercise	PR
		1550 hr	1630 hr	Expedition Planning Exercise	PR
		1630 hr	1645 hr	Tea Break	
		1645 hr	1725 hr	Mountain Weather	T
		1735 hr	1805 hr	Mountain Weather	T
11-May	Thu			<b>Mid-term exercise- EX Sahara (Navigation, survival and rescue skills)</b>	
				<b>Night Outdoor Stay</b>	
12-May	Fri			Return from Ex Sahara	
				Preparation for Induction to Glacier	
13 & 14 May	Sat & Sun			<b>Induction to Glacier</b>	
15-May	Mon			Introduction to Ice & Snow Climbing Equipment	LD
				Roping up & Glacier Marching Techniques	LD
				Roping up & Glacier Marching Techniques	PR
				Lunch Break	
				Helipad Marking	PR
				Fitting of Snow Boots & Crampons	PR
				Revision of Glacier features	PR
16-May	Tu			March to Glacier Training Area	

			Ascending & Descending on Ice	LD
			Ascending & Descending on Ice	PR
			Return to Camp & Lunch Break	
			Roping up & Glacier Marching Techniques	PR
			First Aid	PR
17-May	Wed		March to Glacier Traininig Area	
			Climbing, Anchoring & Belaying in Ice	LD
			Climbing, Anchoring & Belaying in Ice	PR
			Return to Camp & Lunch Break	
			Survival in Glaciated Terrain	LD
18-May	Thu		March to Glacier Traininig Area	
			Climbing, Anchoring & Belaying in Ice	PR
			Climbing, Anchoring & Belaying in Ice	PR
			Lunch Break in Training Area	
			Stance Management	PR
			Glacier March with Roping up	PR
			<b>Assignment for Expedition Planning - Final Summit</b>	
19-May	Fri		March to Glacier Traininig Area	
			Rope Fixing in Ice	LD
			Rope Fixing in Ice	PR
			Lunch Break in Training Area	
			Climbing, Anchoring & Belaying in Ice	PR
			Climbing, Anchoring & Belaying in Ice	PR
			Making Improvised Stretcher	PR
20-May	Sat		Weekly Technical Test	
			Return to Camp & Lunch Break	
			<b>Submission of Assignment Expedition Planning - Final Summit</b>	
21-May	Sun		<b>Long Glacier March Exercise</b>	
			Lunch Break	
			Training Film	
			<b>Expedion Planning Exercise</b>	PR
22-May	Mon		March to Glacier Traininig Area	
			Two Piton Climbing in Ice	LD
			Two Piton Climbing in Ice	PR

			Lunch Break in Training Area	
			Climbing, Belaying and Fixed Rope	PR
			First Aid	PR
23-May	Tue		March to Glacier Training Area	
			Two Piton Climbing, Stance Management and Making Bases	PR
			Lunch Break in Training Area	
			Crevasse Crossing	LD
			Return to Camp	
24-May	Wed		March to Glacier Training Area	
			Crevasse Crossing	PR
			Return to Camp & Lunch Break	
			Overhang Ropewalk	PR
			Navigation with GPS	PR
25-May	Thu		March to Glacier Training Area	
			Multipitch Climbing	PR
			Lunch Break in Training Area (High Altitude Cooking by teams)	
			All Techniques Revision	PR
26-May	Fri		March to Glacier Training Area	
			Self Arrest & Crevasse Rescue	LD
			Self Arrest & Crevasse Rescue	PR
			Return to Camp & Lunch Break	
			Crevasse Crossing	PR
			Avalanche Rescue	LD
27-May	Sat		March to Glacier Training Area	
			Crevasse Rescue	PR
			Return to Camp & Lunch Break	
			Preparation for induction to Snow Camp	
28-May	Sun		<b>Load Ferry to Snow Camp</b>	
29-May	Mon		<b>Induction to Snow Camp &amp; Settling down</b>	

30-May	Tue		Snow Anchors, Ascending & Descending in Snow	LD
			Snow Anchors, Ascending & Descending in Snow	PR
			Lunch Break in Training Area	
			Glissading	LD
			Glissading	PR
31-May	Wed		Rope Fixing in Snow	PR
			Lunch Break in Training Area	
			Self Arrest & Team Arrest in Snow	LD
			Self Arrest & Team Arrest in Snow	PR
			Avalanche Rescue	PR
			Multipitch Climbing in Snow	PR
			Return to Camp & Lunch Break	
			Snow Shelters	LD
			Snow Shelters	PR
01-Jun	Thu		All Techniques Revision	PR
			Return to Camp & Lunch Break	
			Preparation for Summit Attempt	
02-Jun	Fri		<b>Summit Attempt &amp; Back to Glacier Camp</b>	
03-Jun	Sat		Winding up Glacier Camp	
04-Jun	Sun		<b>Deinduction to Ghamsali</b>	
05-Jun	Mon		Preparation for Award Ceremony	
06-Jun	Tue		<b>Award Ceremony</b>	



07-Jun	Wed			<b>Move to Challenge Start Point</b>	
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