

IMPORTANT NOTICE

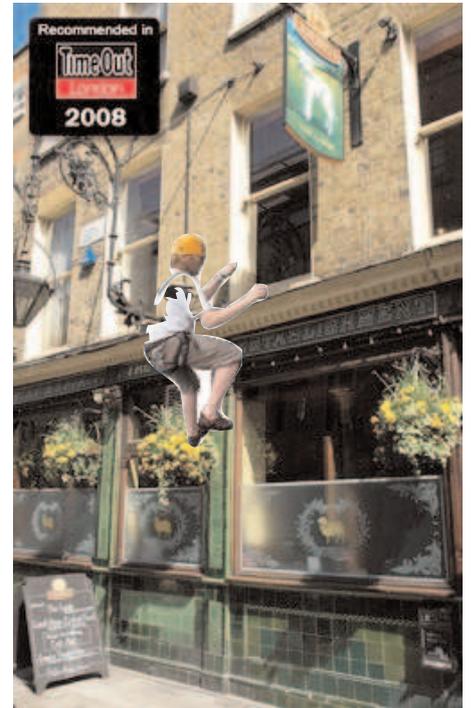
Jan Mayen Expedition Technical Climbing Meeting

Venue

**The Lamb
94 Lambs Conduit Street,
Bloomsbury,
LONDON WC1N 3LZ
(in the Empire Room)**

Friday 22nd October 2010

7pm for 7.15 start - sharp



Purpose of the meeting

It will be a pleasant social gathering but the real objective is to finalise winter plans for training and to decide on the gear needed for the ascent of the mighty Beerenberg 2277m and for use in Greenland afterwards. Please bring your diaries - we will need to fix dates. Please bring any gear you already have. We are hoping to have some expert advice on hand.

Agenda

General	1900	Get refreshments and handouts of latest schedules.
	1915	Introductions.
	1920	A brief introduction to the trip so everyone knows what our current plans are. A few pictures of the trip so far.
	1940	Some slides of Beerenberg showing expected conditions. Charts and maps. Weather conditions.
Kit	1950	Boots, crampons, socks and gaiters.
	2000	Mountain clothing, jackets, hats, gloves, trousers, thermals and rucksacks.
	2015	Ice axes and shovels. Sticks. Ancillary gear. Rifles and ammunition.
	2030	Crevasse rescue gear. Ropes, pulleys, karabiners.
		A short break for some snacks
	2045	Tents, sleeping bags and cooking gear. Communication gear.
Training	2100	Mountain training. Should we book a mountain guide and go to the Alps for a three or four day training session? Dates. Scotland trip. Norway. Sweden! These need to be fixed.
	2115	Running. Future half marathons, triathalons, full marathons. Chi Running - the verdict.
	2130	Walking. 16 hour walk with packs. When and where.
	2145	General fitness. BMF. Nutrition. Medical kit. Worst case scenario emergency plan.
	2200	Summing up.

The bar closes at midnight.

Everyone Welcome!

I will need to have a rough idea of numbers so I can organise the food. Could you please email me if you would like to come alasdair@flints.co.uk.

The Lamb is at the North end of Lambs Conduit Street. It is a Youngs Pub. Please don't confuse it with the Lamb and Flag which is another pub altogether!

Nearest tubes Russell Square or Holborn. Nearest mainline Euston or Kings Cross.