

2022 Climbers of Color Mountaineering Leadership 1 Itinerary

Objective: To increase mountaineering and alpine expertise among POC outdoor organizations and activists. This course will train experienced POC backpackers/mountaineers to be alpine trip leaders. Skills covered during the two-day workshop will hopefully allow participants to lead trips to Ellinor, Adams, and Shasta, easy-to-moderate mountaineering objectives, by the end of summer 2021.

Required equipment: See gear list. If you need assistance finding the proper equipment please email us.

Transportation: Please plan on arranging your own transportation within the city and to the training location. Feel free to reach out to participants on the FB page to figure out carpooling etc.

Itinerary:

Day 1

10 AM - 12 PM: Meet at the Mountaineers. Followed by 2 hours outside on the Magnuson Park navigation course. Bring your own lunch, waterproof boots in the event you don't want to hike around the park with your mountaineering boots, and your pack with all your gear for a gear check. Make sure to bring a compass and have Gaia GPS bought and installed on your phone or a GPS device.

- Intros
- Sign waivers
- Talk about ideas to get POC outside
- Guides notebook
- Dive right into navigation:
 - Map compass
 - GPS
 - Tour planning
 - Trip planning resources

12:00 - 12:30 PM: Eat sack lunch

12:30 - 4:00 PM: Prepare for following day activities and carpool to orienteering course

- Go over gear list for the next day, full equipment check, fitting crampons to boots.
 - How to pack
 - Professional and effective dress and appearance

- LNT and good conduct in the public lands
- Trip logistics and resources online, mountain project, avalanche info, weather, etc
- Suggest homework, get the apps and tools needed to practice navigation on our short hike the next day
- Organize rides
- Participants will navigate through orienteering course
- End day debrief

Day 2

8:00 AM: Meet at the trailhead parking lot of Mt Ellinor/Snoqualmie Pass (TBD)

- Practice trip leader briefing
 - Risk assessment
 - Client assessment
- Good trekking pole technique
- Rest step and pressure breath
- Pacing and group leadership
- Kicking steps and walking in snow
- Navigation while leading
- Arrive at snow school area
 - Ice axe clinic
 - Crampon clinic
 - Glissade
- Let everyone teach a segment of snow school
- Head back talk more about navigation on the way back down

~3:00 PM: Debrief at trailhead and depart