
Mountaineering Leadership I

4 Day Workshop

DAY 1: Sedro Wooley, WA GEARCHECK & LESSONS and head to the TH Establish camp.

Day Overview

- 8 AM at North West Mountain Shop in Sedro Wooly for orientation and gear check
- Leave to Cascade River Road TH
- Hike from approximately 3000ft to Low Camp
- Hiking leadership lessons, pacing, trip planning
- Set camp
- LNT

8am We will meet at Northwest Mountain Shop, 820 Metcalf St.

Sedro-Woolley, WA 98284, for orientation and gear check. A big part of developing the necessary skills starts with having the proper equipment and food to ensure a safe and enjoyable experience in the wilderness. The guides will discuss each piece of equipment and ensure that everything is in good condition and is a proper fit. Finally, the guides will evaluate conditions, discuss weather with the group, and make last-minute adjustments before tomorrow's departure. This is an invaluable part of the course and will often help eliminate many of the questions students have in regards to both equipment and the flow of the course.

The workshop participants will be assigned temporary "leg leaders" who lead for an hour or two. Students will lead part of each day in the field with instructor assistance and also beginning of day and end of day briefings. Our hard skills then cover use of map compass and GPS and online tools such as NWAC and Caltopo on how to plan a great trip.

We will depart Sedro-Woolly for the trailhead and either camp there or head down the trail with lessons at each break. From the shop, we will drive to the Cascade River Road Parking and depart with packs on from the trailhead. From the trailhead our first participant lead portion begins with the participant checking the pace and location of the group, most of the day is spent on the moderate approach. We will aim to arrive at camp by late afternoon/early evening. An integral part of mountaineering and expeditionary climbing is being able to set up a safe and secure camp in an extreme environment. As a group, we'll practice these skills. Guides discuss the importance of personal maintenance, hygiene and sleeping in cold environments, and Leave No Trace principles, as well as address any student concerns. Finally, instruction of proper hydration, nutrition, and backcountry-cooking techniques will be addressed.

DAY 2 - Low Camp to High Camp.

Day Overview

- Pack up camp, head up to to High Camp
- Abbreviated snow school
- Navigation lessons
- Participants take charge of our course over the glacial moraines
- Snow school, rope skills,
- Set camp

With the participant leaders navigating and managing the place the group will head towards High Camp.

As the team begins to encounter significant snow, abbreviated snow walking lessons will be given to help us get to camp. There will be a short scramble and lessons on how to overcome this terrain.

High camp is situated at the base of the final summit. Amongst rocky crags and snow fields and glaciers it offers stunning views across the North Cascades.

DAY 3 - Skills Focused Day

Day Overview

- Further leadership lessons
- Snow and Rope School
- Crevasse Rescue Training
- Pack for summit bid

There will be an early start to the day. The instructors will guide participants through not only full snow school but in detail so that these skills can be passed on to others. That is the entire purpose of Mountain Leadership at Climbers of Color is to not create climbers but teachers and leaders.

The full snow school includes rope team travel, polishing up walking techniques, self belay, managing the rope while on a team, going from short to long and much more.

With little cover participants will learn to strongly guy and reinforce their anchors or make use of pre-existing stone walls. A strong camp set up in relation to the prevailing winds will be key for our team to have a camp to return to after tomorrow's summit day!

Guides will demonstrate systems of crevasse rescue utilized in the event of a crevasse fall.

With the training complete, we enjoy the evening alpenglow on the surrounding peaks, have our daily debrief and have a short rest before our climb.

DAY 4 - Summit then Closing Lessons and Descent / Departure

Day Overview

- Pack summit bags
- Climb Eldorado
- Return to Camp
- Close camp and Head Down
- Debrief

Our attempt on the summit of Eldorado will begin before first light. We cross crevasses and then climb the infamous knife edge to the summit of the peak and back.

After some short celebration and photos we will descend. We descend back into camp, close our camp and head back to the TH. We will hold our final trip debrief and closing statements before we head to town for a celebratory meal and drinks.

Prerequisite Skills Requirements

- **At the course start students are to have a compass and GPS device and or GPS app. An altimeter watch is an optional but useful additional tool.**

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- **Overnight backcountry camping experience is required prior to this course**