

Mountain Leadership 1 (5-day) Itinerary

Day 1: North Fork Sauk Trailhead to White Pass

Meet at Northwest Mountain Shop in Sedro-Woolley in the morning (exact time TBD by instructor). Following introductions and a thorough gear check, we will caravan to the trailhead to start the approach to our first camp at White Pass. A Northwest Forest Pass or America the Beautiful Pass is required to park.

From a starting point of 2,100 ft elevation, we will spend the day hiking to White Pass at around 5,900 ft (and 9.5 miles from the trailhead). This will be a strenuous first day with heavy packs, but it will mean a shorter second day to reach our high camp at Glacier Gap. If it becomes unreasonable to reach White Pass on the first day, we will plan to stop at Mackinaw Shelter at 3,000 ft (and 5.5 miles from the trailhead). After establishing camp, we will:

- Review Leave No Trace principles specific to backcountry camping in the alpine
- Discuss how to conduct beginning and end of day trip leader briefings
- Assign participant leaders for the following day

Day 2: White Pass to Glacier Gap high camp

After breakfast and a briefing by the first participant leader of the day, we will hike to our high camp at Glacier Gap at 7,300 ft (and 5 miles from White Pass camp). We will cover more cross country alpine terrain on this day, traversing alpine meadows and silty glacial moraines to reach camp. Our reward will be the first views of Dakhobed of the trip! After establishing camp, we will:

- Practice navigation basics with map and compass
- Discuss how to create an organized trip plan using Gaia and/or CalTopo
- Debrief the day (led by the assigned participant leader)
- Assign leaders for the following day and discuss a general plan

Day 3: Snow School

After two big hiking days, we will get to go light on day 3 and stay relatively close to our camp! Following breakfast and a briefing by another participant leader, we will prepare for our day 4 summit attempt by covering:

- Footwork and technique for walking in steep snow (including kicking steps and the rest step)
- Using an ice axe in conjunction with steep snow footwork and technique
- Self arrest in various positions

- Roping up for glacier travel and moving as a rope team
- Transitioning to short rope mode

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

We will wrap up in the late afternoon to ensure that we can enjoy a leisurely dinner, debrief the day, assign the next participant leader role, and get plenty of rest prior to an early alpine start the next morning.

Day 4: Summit Attempt: Glacier Gap to White Pass

Our attempt on the summit of Dahkobod will begin in the early morning hours. The leader of the day will navigate alpine trails to get the team to the start of the glacier. We will don helmets and crampons, establish the rope teams, and instructors will take the lead for crossing the Suiattle and Cool Glaciers. We will transition to short rope mode to ascend the final snow gully leading to the summit of Dahkobod at 10,545 ft.

After some short celebration and photos, we will descend back to camp at Glacier Gap, break down camp, and hike back to White Pass for our final night in the backcountry. At White Pass, we will debrief and establish plans for departing the next morning

Day 5: White Pass to North Fork Sauk Trailhead

We will have breakfast, break down camp, and start the hike out in the morning. At the trailhead, we will hold one final trip debrief before heading back to town for a celebratory team dinner.