

Mountain Leadership 1 Itinerary

Day 1: Classroom & Frontcountry Field Session

Meet at The Mountaineers in the morning (exact time TBD by instructor). Following introductions, the classroom session will cover:

- Navigation with a map and compass
- Trip planning with apps such as Gaia and CalTopo
- Online and print resources for trip planning
- Documenting a trip plan as an outdoor leader using a guides notebook
- Gear review/fitting and equipment check for the following day

After lunch, we will spend a couple of hours outside on the Magnuson Park navigation course to practice applying skills learned in the classroom session. Before concluding, we will:

- Establish meet up time and location for the following day (Snoqualmie Pass area)
- Assign specific leadership roles and tasks and suggest resources for preparation
- Provide suggested homework to practice trip planning for the following day
- Debrief about day one

Our goal will be to finish day one by 4:00 pm.

Other details: Bring your own lunch, boots/shoes that you don't mind getting muddy for hiking in Magnuson Park, all of your day two gear for the gear check, and a compass for learning navigation in the classroom. Have Gaia or CalTopo installed on your phone.

Day 2: Backcountry Field Session

Meet at the trailhead parking lot in Snoqualmie Pass (exact time and location TBD by instructor). Following a trip leader briefing discussing goals for the day and risk assessment, we will start the trek to our snow school area. During the approach, we will practice:

- Navigation while leading
- Pacing and group leadership
- Good trekking pole technique
- Kicking steps, the rest step, and walking in snow

At the snow school area, we will cover:

- Putting on crampons
- Footwork and technique for walking in steep snow (with and without crampons)

- Using an ice axe in conjunction with steep snow footwork and technique
- Self arrest in various positions

Our goal will be to return to the trailhead by 3:00 pm and debrief about the course before parting ways.

There may be an option to do a group dinner somewhere along the way back into town (TBD by instructor and participants).