
Alpine Climbing Leadership I

4 Day Workshop

DAY 1: Sedro-Woolly to MT. BAKER BASECAMP

Day Overview

- ❑ 8:00 AM at Sedro Woolly, Northwest Mountain Shop, for orientation and gear check
- ❑ Leave to Mount Erie Climbing area.
- ❑ Short hike, review trad equipment use and placement, climbing movement, mock leads.
- ❑ Practical test covering home study materials over knots at the crag or at the campground.

8am We will meet at The Northwest Mountainshop, 829 Metcalf Street, 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 departing Sedro. 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.

From the shop, we will drive to Mt. Erie and get on some rock climbs. It is a short walk from the car but expect to be outdoors most of the morning and afternoon learning and climbing. First day topics will include a lot of review placing and cleaning trad equipment, anchors and belay techniques. The team will then climb, first following and then mock leading some easy multi pitch climbs.

That evening we will camp at a campground, those that prefer to stay indoors have the option to stay at a hotel or lodge nearby. Overnight and day packs will be packed before the morning.

DAY 2 - CLIMBING SCHOOL OR HEAD TO THE ALPINE

Day Overview

- Additional training at a crag dependent on skills
- Drive to a Trailhead at Snoqualmie pass.
- Car camp at Commonwealth Campground
- Possible short climb
- Camp learning topics, alpine protection, back belays

Meeting at 8am, depending on the groups skill level we may have additional training that morning at Mt Erie before driving to Snoqualmie pass and setting our camp at a local campground. Depending on our time we may cover topics such as terrain belays, and back belays.

DAY 3 - MENTORSHIP CLIMB

Day Overview

- Climb an alpine rock moderate
- Learn and model alpine movement and protection techniques
- Rapel and descend
- Head back to basecamp

We will climb an alpine rock route starting very early. The route will be scaled to match the team's capabilities and learning objectives. We may choose to climb a route on The Tooth, Chair Peak, Lundin or Thompson. We will descend and return to base camp to rest, debrief and reset for the 4th day.

DAY 4 - CLIMB MORE AND HEAD HOME

Day Overview

- Alpine start to another route nearby
- Student lead descent
- Close basecamp head back

With the skills developed on the previous days students who are ready will be given the option to lead a pitch or a route well within their skill level to lead. Once the climb is complete students will lead the descent supervised by instructors.

We will break down camp in accordance with our Leave No Trace principles, and hike back down to the trailhead and return home in the evening. **It is often customary to have a group meal back in the first town we come to and celebrate four great days spent in the mountains!**

Pre Course Home Study and Prerequisite Skills Requirements

- **At the course start students are to be proficient in tying and hitching the most commonly used and useful knots.** Home study materials and videos can be found [here](#), and opportunities will be there for students to network with other participants.
- **Before course start students are also required to be able to climb "5.9" indoors and lead 5.9 sport climbs.**
- **Students at course start are expected to have followed easy trad climb at a crag.**
- **Students must already be familiar with Leave No Trace concepts.**