

# Ice Leadership 1 Itinerary

## **Day 1: Establish Basecamp**

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 Heliotrope Ridge Trailhead to start the approach to basecamp. A Northwest Forest Pass or America the Beautiful Pass is required to park.

From a starting point of 3,600 ft elevation, we will spend the remainder of the morning hiking to Harrison Camp (aka Mirkwood) at around 4,800 ft. After establishing camp, we will:

- Review Leave No Trace principles specific to backcountry camping in the alpine
- Filter water and/or melt snow (if necessary) for potable water
- Review the knots, bends, and hitches listed in the Required Knots Manual
- Fit crampons to mountaineering boots

If there is time in the afternoon, we will put on boots and crampons and hike down to the lower Coleman Glacier and scope out potential areas to ice climb and practice other techniques for the remainder of the course.

## **Day 2: Ice Climbing Fundamentals**

After breakfast, we will hike down to the lower Coleman Glacier and set up near the seracs. The first part of the day, we will cover:

- Footwork and technique for walking on glacier ice at various angles of steepness
- Proper top rope belay techniques when dealing with ice
- Ice climbing movement and technique (on top rope) on steeper pitches of ice

Participants will have the opportunity to practice and fine tune their movement on top rope throughout the day.

The second part of the day, we will focus on:

- Ice screw placement
- Constructing a variety of anchors:
  - Ice screw anchors
  - Vertical and horizontal V-thread anchors

If there is time, we will also use the second part of the day to find steeper ice walls (usually found in deeper crevasses on the glacier) to climb laps and work on more vertical ice climbing technique.

### **Day 3: Introduction to Intermediate Skills & Techniques**

After breakfast, we will head back to the seracs on the lower Coleman to review climbing techniques and anchor building skills from the previous day. Participants will be given the opportunity to practice placing ice screws while on top rope and potentially get the chance to mock lead some routes as well. We will also practice setting up top rope ice anchors so participants can apply this skill to top rope accessible ice cragging on other glaciers.

The second part of the day will be spent on longer, more sustained ice pitches to continue refining climbing movement and technique. Participants will have the opportunity to set up the top rope anchors for these climbs (under the supervision of an instructor) to continue practicing the skills learned earlier in the day.

In the evening, we will debrief the course and discuss a plan for the final day.

### **Day 4: Skills Review and Hike Out**

Depending on the itinerary of the previous two days and the energy level of the group, we may spend the morning doing “ground school” on the glacier to review and practice skills learned throughout the course and how to apply them to multi-pitch ice techniques.

We will plan to break down camp and start hiking out by late morning following the ground school.

After returning to the trailhead, we will caravan back to Sedro-Woolley, sort and return any group gear, then celebrate with a group lunch or early dinner in town.