



MOUNTAIN TRIP

P.O. Box 658
Ophir, CO 81426

T 970.369.1153
F 303.496.0998

info@mountaintrip.com

www.MountainTrip.com

12-Day Advanced Alpine Climbing Course

Thank you for joining Mountain Trip in the mountains of Alaska. In the upcoming months before your course, we want to offer you as much help as possible to prepare you for the experience. Please feel free to call or email us with any questions.

This information packet is an assortment of information designed to help you prepare for a safe and successful experience in the Alaska Range. We have included some of the information that we give out to Denali climbers, an expanded course itinerary and gear list, as well as some general information and history about Denali and Denali National Park. There are dozens of good books about Denali and a few not-so-good ones, so we have included a suggested reading list. Climbing in the high mountains is hard work, and incredibly rewarding. The more prepared you are for the trip, physically and mentally, the more you will enjoy this great experience.

General Information

Responsibilities of Team Members: Team members are ultimately responsible for their own well being. This includes making all necessary preparations to ensure good health and physical conditioning. Team members are responsible for understanding the conditions that may exist on the climb and choosing a climb that is appropriate for their abilities and interests. Team members are responsible for having knowledge of all pre-departure information and for assembling the appropriate clothing and equipment for their climb. Please contact us with any and all questions. While on the expedition, team members are responsible to maintain basic levels of hygiene and to conduct themselves respectfully with other team members and members of the local population.

In addition you are responsible for all meals and lodging off the mountain, transportation to Anchorage and the Park entrance fee. If you have a "Parks Pass" or similar National Park Pass, there is no fee.

Paperwork: To register and secure a spot on this course, climbers should complete our online application or request a pdf of an application you can print and fill out. Once we receive and approve your application and also receive the requisite deposit for the course we will notify you of your position on the team.

Airline Arrangements: We plan to fly out from the glacier twelve days after your arrival in Anchorage. The vagaries of Alaskan bush flying sometimes throw curveballs into this schedule and you should plan to be as flexible as possible. You need to be in Anchorage for your Team Meeting Date at 10:00am. We strongly recommend you arrive a day early, as this will allow you time for any unexpected travel delays or lost baggage (some years almost 10% of our climbers have experienced baggage delays).

Lodging: We recommend that you stay at the Earth Bed & Breakfast before the climb. For reservations call Lori at the Earth B&B at 907-279-9907 or email her at info@earthbb.com. The address is 1001 West 12th Avenue, Anchorage, AK 99501. This is a central location convenient to gear shops and downtown.

This will also be the location of our Team Meeting. There are many other options for lodging in Anchorage ranging from five star hotels to hostel-style accommodations. **If you will not be staying at**

the Earth B&B you still need be there at 10:00am on the day your trip is scheduled to begin. Please let us know where you will be staying in Anchorage. If you arrive the day before our Team Meeting, you need to plan on booking two nights lodging in Anchorage (see itinerary).

Expectations

We believe that successful expeditions are born of teamwork. Anyone can muddle up a hill, with someone holding his or her hand, tugging on the rope when the going gets tough. We hope to instill a sense in everyone who climbs with us that through active participation; you walk away with a more positive experience. Strive for quality in everything you do on the mountain, from lacing up your boots in the morning, to taking the extra minute to organize your kit in the tent so your smelly socks don't infringe on your tent mate's airspace. Expedition climbing is a lot of hard work and we really feel that if you aim to do your best at every step of the way, you'll look back at your expedition with a smile and that faraway, Kahiltna glimmer in your eye.

By considering this course, you have embarked upon a journey that will test your will, patience, stamina, endurance and good humor. The Alaska Range is not a comfortable place. You will, at times, find yourself too hot or too cold, too thirsty or too full, moving too quickly or too slowly. There will be plenty of time to hang out and enjoy your surroundings, but at times you will need to focus all your energies at completing the task at hand. The better prepared you are before you fly on to the glacier, the more fully you will enjoy your climb.

We will spend some time on your course covering skills necessary for safely traveling in a glaciated environment and we'll teach you a bunch of tricks, however there are some basics that you should be comfortable with before you come up to Alaska. You should be comfortable tying the basic knots and hitches used by climbers and know how to belay a leader with a belay device and a hip belay. The greater your level of comfort with the basics, the more challenging routes and terrain we can venture onto.

Knots and hitches to know:

"Figure 8 on a bight" "Clove Hitch" "Figure 8 follow-through" "Bowline"

Other Basics:

- Make sure you know how to adjust your pack and harness and that they fit over your clothing layers
- Practice putting on your crampons while sitting and standing
- Familiarize yourself with the use of ascenders or prussiks
- Review the basics of glacier travel, such as communication and keeping slack out of the rope

Other Recommended Reading:

Freedom of the Hills, by The Mountaineers

Alpine Climbing: Techniques to Take You Higher, by Mark Houston and Kathy Cosley

Glacier Mountaineering: An Illustrated Guide to Glacier Travel and Crevasse Rescue, by Andy Tyson and Mike Clelland

12-Day Advanced Alpine Climbing Course Itinerary

Alaska has big, serious mountains with big mountain weather, geography and acclimatization issues. The following itinerary represents a very basic outline of what could happen on a given day during this course. Many factors can, and probably will, contribute to cause the following schedule to change. Our instructors know the mountains and may elect to stray from this itinerary for any number of reasons.

DAY 1: TEAM MEETING IN ANCHORAGE. *We will have a Team Meeting at 10 A.M.* for an expedition orientation and equipment check. This is a very important meeting, which you must attend. Be sure to arrive in Anchorage early enough to make the meeting; which may require arriving a day early. We recommend staying at the Earth B&B, which is conveniently located and Lori does a great job of looking after "her" climbers. Reservations are available at: 907-279-9907 or online at www.earthbb.com. We will spend this first night in Anchorage.

DAY 2: TRAVEL TO TALKEETNA AND FLY TO THE GLACIER. Course participants will travel by van the several hours drive to Talkeetna. Everyone will need to register with the National Park Service prior to flying to the glacier. Weather permitting; we will fly into the Kahiltna Glacier at 7,200 feet that afternoon. Once on the glacier, everyone will pitch in to get our Base Camp established. Skills covered will include snow camping and other camp craft, as well as some anchor building. If we are delayed by weather and cannot fly, we can still cover a lot of skills in Talkeetna.

DAYS 3-5: INTENSIVE SKILLS. We will spend a lot of time covering a wide variety of skills in the first few days. We will also refresh glacier camping techniques and other aspects of efficient campcraft, such as cooking and water production. We review the knots that hopefully you've been practicing as well as proper rope techniques for anchor building, belaying, movement over snow and ice and descending techniques. We'll discuss considerations to better travel safely on a glacier, how to read glaciers to identify potential hazards such as crevasses and how to get out of them if you misread the terrain. Finally, we'll rig our sleds for travel and get ready to go climb some routes!

DAY 7-11: CLIMBING! We have a literal lifetime of options open to us for climbing objectives and our selection of routes on peaks will be largely driven by current conditions and the ability of the participants. Peaks we have climbed in the past are Mount Francis, Radio Tower Peak, The Mini Moonflower Buttress on Mount Hunter, East Kahiltna Peak, and Mt Crosson.

We will continue to instruct and have many topics to cover while putting these skills to use. Each evening we will debrief, discuss and review the day's route.

DAY 12: Break camp and descend to Kahiltna Base Camp. If the weather permits, we'll fly out to Talkeetna and then drive back to Anchorage.

*** As with any mountain itinerary, this is subject to change for many, many, potential reasons...