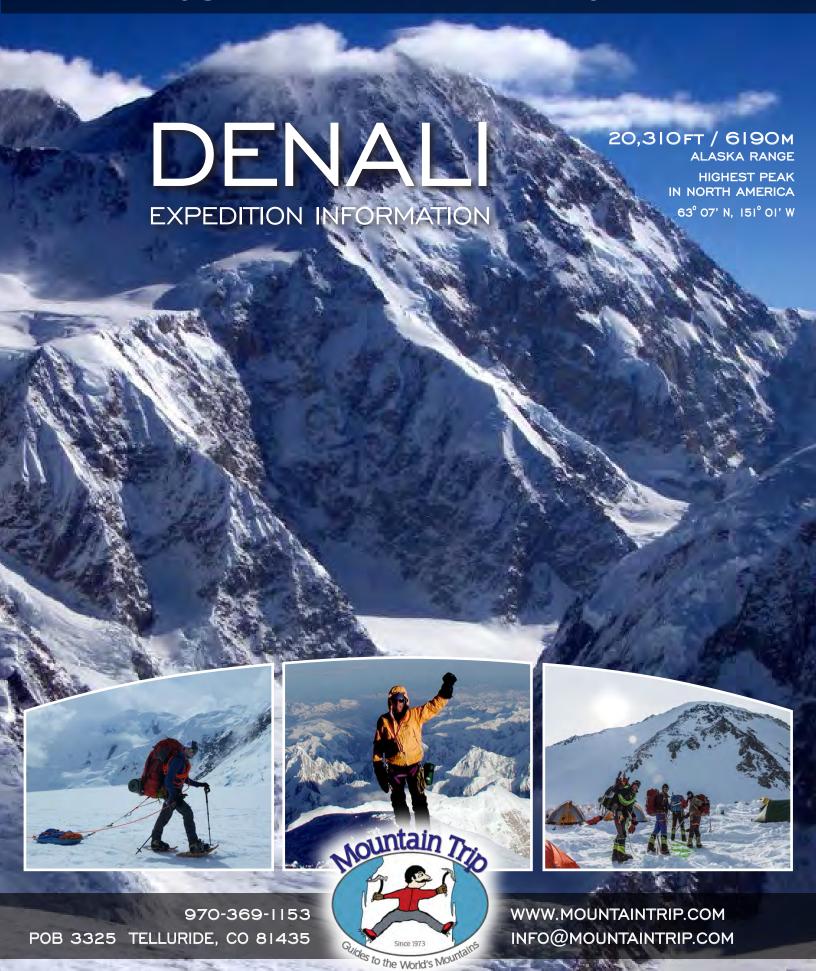
MOUNTAIN TRIP INTERNATIONAL

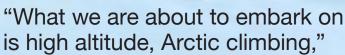


DENALI THE GREAT ONE

ALTITUDE: 20,310 FEET / 6,190 METERS

LENGTH: 14 TO 22 DAYS

TEAMS: 9 CLIMBERS / 3-4 GUIDES



our senior guide Dave Staeheli always reminded his climbers. As one of the most experienced Denali guides ever, he should know. Nowhere on the planet can you find the combination of high elevation and high latitudes that conspire to create the challenges unique to this mountain.

We led our first commercial expedition of the West Buttress in 1976, and over the years, Mountain Trip has grown into an industry leader, organizing the highest quality expeditions to big, remote mountains around the world. As we've grown, we've held on to the principles of our original daydream and are a company of climbers leading climbers up difficult mountains in a spirit of teamwork.

Our commitment to providing the absolute best customer service from your first contact with us sets us apart in the guiding community. Rather than making decisions based on the "bottom line," we approach each decision from the standpoint of, "What is the best possible outcome for our climbers?" From our gourmet meals to our use of the highest caliber equipment available, we strive to exceed our climbers' expectations every step of the way.

Historically, Denali has been the focal point of our business and we are one of the original concession holders to be permitted to guide the mountain by the National Park Service, which, in 1981 limited the number of permitted guide services in an attempt



Thank you for considering Mountain Trip for the adventure of a lifetime! We want you to be as prepared as possible for your upcoming expedition and hope that the following information will help you toward that goal.



to better protect the fragile alpine resources in the Park. Mountain Trip has single-handedly changed how Denali can be guided, as our expeditions now climb the mountain in a spirit and system that enables each team to support one another, creating a dynamic network of multiple expeditions working in concert. What this means for our climbers is that our teams often have many more options open to them than those from other guide services. We receive a tremendous amount of feedback about the level of

teamwork amongst our expeditions.

We believe that another one of the benefits of climbing with Mountain Trip is our commitment to providing you with unlimited, knowledgeable, pre-trip support and advice. An expedition begins long before you start up the trail and your training program and equipment selection are extremely important for an expedition like this. Please use our office staff as a resource for any and all questions about Denali.

WELCOME



Climbing big mountains anywhere in the world is serious business.

Adding the harshness of the Alaskan, arctic environment with temperatures that can plunge far below zero, vicious winds and the need to be extremely self-sufficient because rescue services are essentially non-existent in poor weather, an attempt of Denali makes for an especially serious undertaking. While most Denali climbs are actually very enjoyable, it takes an incredible level of organization to prepare a team for such an endeavor.

It is our goal at Mountain Trip to provide you with an experience for which you feel ultimately prepared. While we work very hard to prepare all the necessary logistics so that you don't ever notice the complexity of a given situation, we also strive for all of our clients to feel that each is a member of a team of climbers heading to a remote, beautiful place to test themselves on an unforgiving mountain.

We are much stronger as a team than as individual climbers. As a team, we can help one another overcome many obstacles that we, as individuals, might find overwhelming. That philosophy only works if each member of the team has sufficiently prepared for the challenge of the climb. We will help you prepare for the expedition and we encourage you to please use the experienced staff in our Colorado office to help ensure that you are ultimately prepared for this climb.

In the months prior to your climb, we will provide you with numerous informative emails designed to prepare you in a measured, relaxed atmosphere, as opposed to inundating you with heaps of information that might prove too much to effectively digest. Our guides will pass along tips that they have learned over the years that should help you as you select climbing gear, photographic equipment and clothing layers. We'll present a very detailed itinerary of your first days in Alaska and of the first days on the glacier as part of our ongoing efforts to best prepare you for this experience.

ITINERARY

WEST BUTTRESS ITINERARY

Denali is a big, demanding mountain

with big mountain weather, geography and acclimatization issues. The following itinerary represents a very simplistic outline of what could happen on a given day during the course of a Denali expedition. Many factors can, and probably will, contribute to cause the following schedule to change. Our guides know the mountain and may elect to stray from this itinerary in order to give you the best possible shot at getting to the summit as their goals are to help you get up and down the mountain as safely as possible.

DAY 1: Meeting Day in AK (Start Date)

DAY 2: Fly to Base Camp

DAY 3: Move to 7,800' (2377m)

DAY 4: Carry to Kahiltna Pass

DAY 5: Move to 11,200' (3415m)

DAY 6: Back-carry day

DAY 7: Carry to 13,500' (4115m)

DAY 8: Move to 14,200' (4330m)

DAY 9: Back-carry day

DAY 10: Carry to 16,400' (5000m)

DAY 11: Rest/Acclimatization day

DAY 12: Move to 17,200' (5244m)

DAY 13: Rest day

DAY 14: Summit Day!

DAY 15: First descent day

DAY 16: Descent and fly to Talkeetna

DAY 17-23: Contingency days

DAY 24: Fly home



DAY 1: Arrival in Anchorage

Your team meeting is scheduled 10 A.M. on the "Meeting Day" for your 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 that you arrive a day before your team meeting. We have booked rooms for the entire team for the day before and the day of our Meeting Date at the Lakefront Anchorage Hotel, located near the airport. If you are planning on staying elsewhere, you must still make arrangements to attend this meeting.

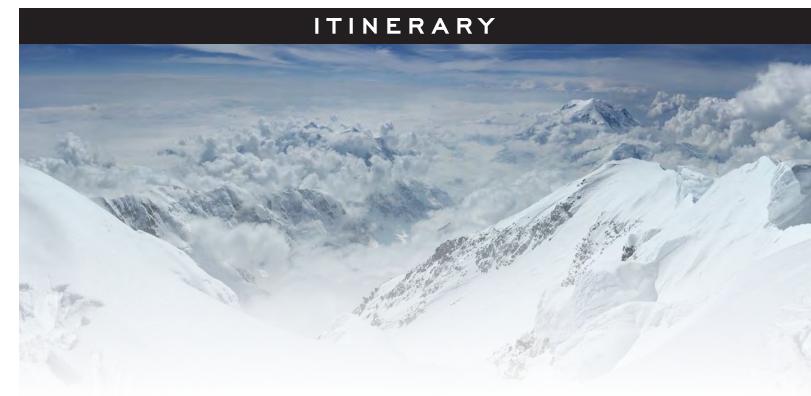
DAY 2: Travel to Talkeetna and Fly to the Glacier

Mountain Trip provides our own shuttle service for the three-hour drive to Talkeetna. Once in Talkeetna, everyone must 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 need to help get our Base Camp established so we can proceed with our on-glacier expedition orientation that will cover glacier travel, crevasse rescue, sled rigging, rope management and camp site procedures, and more. Often, we will spend a full day at Base Camp reviewing skills.

DAY 3: Single Carry to Camp

We'll load up our packs and sleds and depart base camp, dropping down the infamous Heartbreak Hill and onto the broad Kahiltna glacier. The first camp is generally located at 7,800 feet, near the junction with the NE Fork of the Kahiltna Glacier. Throughout the expedition we will follow the "climb high, sleep low" technique for better acclimatization, however the altitude difference between Base Camp and 7,800' Camp is minimal enough to permit us to "single-carry" this stretch. On the late May and June expeditions, we might do our climbing early in the morning to avoid the excessive heat and soft snow conditions on the Lower Glacier. This is a challenging, but manageable, 4+ hour-day and a good shakedown for the days to come.





DAY 4: Haul Loads Up to Kahiltna Pass

We'll head out of camp and carry loads up the intimidating Ski Hill. We have lots of options for this section of the route, but we often try to cache supplies at around 10,000'. This is a moderately difficult carry of 7-9 miles round-trip, with 2,000-3,000 feet of elevation gain and a return to our 7,800' Camp for the night. (5-7 hours)

DAY 5: Moving Everything to Camp 2

We will retrace the previous day's steps up Ski Hill and to Kahiltna Pass. At this point we'll head up toward the West Buttress proper and put in a camp in the 11,200' basin at the base of the moderately steep Motorcycle Hill. This is an incredibly beautiful camp that basks in alpenglow when the sun travels around the north side of the mountain. "Move Days" like this are tough, because we need to work hard to get everything to camp, and we also need to do a lot of digging to get camp established. (6-8 hours)

DAY 6: Back-Carry Day

This is an "active rest day" during which we drop back down and pick up the cache we left down near Kahiltna Pass. The workload for the day is minimal, but it helps give us another day to acclimatize before moving higher. (2 hours)

DAY 7: Haul Loads Around Windy Corner

Steep snow climbing up Motorcycle Hill rewards you with spectacular views of the immense Father and Son's Wall, and out across the tundra stretching off to the west of the Alaska Range. The total distance to put a cache in around Windy

Corner is about four miles round trip with a little over 2,000 feet of elevation gain. Fun climbing with crampons and ice axe gets you around Windy Corner where the upper mountain comes into view-have your camera ready! (5-7 hours)

DAY 8: Move Camp to 14,200 ft

This is usually a long, hard day to set camp at the well-equipped 14,200' basin. Though our loads are getting lighter, the air is getting thinner and climbers often feel the altitude of this elevation. Hopefully, everyone will have enough energy left to help establish camp, as we need to fortify our tents with snow walls due to the possibility for fairly severe weather. (5-7 hours)

DAY 9: Back-Carry Day

This is another active rest day, during which the team will make the quick descent from Camp to our cache at Windy Corner, dig it up, and then bring everything up to 14,200 feet. We'll spend the afternoon going over climbing techniques that we will use in the upcoming days. (2 hours)

DAY 10: Climb the Headwall to the Ridge

Our goal is to cach supplies on the ridge at about 16,400'. Climbing up the Headwall (the fixed lines that run from 15,500 to 16,100') with a heavy pack is one of the more strenuous days of the trip, because of the steep terrain, heavy pack and thinning air. The views from the ridge can be as breath taking as the rarified air! It takes an hour or two to reach the fixed lines and can take another hour to climb them. Using an ascender with thick gloves and mittens is challenging and you should practice this at home. (4-6 hours)





DAY 11: Rest Day

It is often prudent to take a rest/acclimatization day prior to moving up to High Camp, but weather, group acclimatization and health will dictate whether we take this rest day or not.

DAY 12: Move to High Camp

This is a really tough day, as our loads are often big and the terrain is quite steep in sections. Rewards for our work are in the great climbing along the ridge, which is some of the best on the route. Weaving in and out of the rocks and occasionally walking a knife-edged stretch combine with big exposure to create one of the most memorable parts of the route. Once at the 17,200' High Camp, we need to fortify our tents with thick snow walls to protect us against the incredibly high winds that can rake camp. Cutting and stacking snow blocks at this elevation is brutally difficult work. (6-8+ hours)

DAY 13: Rest Day

As mentioned previously, moving to 17,200' and getting High Camp established can be a huge day, so we usually take a rest day before attempting the summit.

DAY 14: SUMMIT DAY

If the weather is favorable, we'll push for the summit. However, if the weather is not good we will not go. It is very important to be patient, as we will only try for the summit when the weather is good, which means mostly clear and calm. Our guides are among the most experienced on the mountain and will make this sometimes-difficult decision.

The round trip climb will take twelve hours or more and we usually depart camp early (8-9 a.m.), climb up to Denali Pass (18,300') and follow the route past such iconic features as Arch Deacon's Tower and the Football Field to gain the slopes leading to the Summit Ridge. On this spectacular ridge you can often see down into the Ruth Glacier with views of beautiful peaks such as Mooses Tooth, Mt Huntington and Mt Hunter.

SUMMIT DAY IS <u>SERIOUS</u>. The weather needs to be good and everyone attempting the summit needs to have demonstrated that they can safely make the attempt. This is often the most grueling day of the expedition (some climbers say of their lives!). The guides have the ultimate decision as to when the team will make a summit bid and they also have the discretion to decide that a team member has not shown that he or she is capable to safely make a summit bid. Such occurrences are rare; but remember—your safety is our primary concern.

DAY 15: Descent

The descent from High Camp takes from one to two days, depending on the team's strength, snow conditions and everyone's motivation to get home. The descent can beat you up more than the ascent, as we often have the heaviest loads of the trip as we drop down from High Camp to Camp 2. Weather dictates when we can fly out to Talkeetna for food and showers. Not much beats a steak and salad at the West Rib Tavern after weeks of hard work on Denali! Do not worry about post-climb lodging. We will help you make reservations after we get off the mountain.



SO WHAT ARE YOU LOOKING FOR?







People climb peaks like the Seven Summits for many reasons.

Some just love being in wild places, while others want to challenge themselves mentally and physically, and for many, it is to fulfill a lifelong dream. Climbing big mountains is serious business and every summit attempt requires a very deep sense of commitment and dedication. So please ask yourself, what are your goals on Denali? Please do your best to take an introspective look at the risk vs. reward as you make your decision.

Any ascent to high altitude involves a certain amount of risk. Our use of conservative, experience-based decision making will help minimize those risks and increase your chances for success, but ultimately, big mountains can be unforgiving, therefore climbing them requires serious commitment and reflection.

If you are of the "summit at any cost" mindset, perhaps a guided climb is not for you and certainly a Mountain Trip expedition is not the right place for you.

Our goals on all of our expeditions are three-fold:

- 1. Everyone comes home safely
- 2. Everyone has a great experience
- 3. Everyone reaches the summit

We will not sacrifice the first two goals for the sake of the third. Fortunately, this philosophy has proven itself effective in reaching all of the goals much more often than not.



SAFETY

Experienced Guides

We are firm believers that guides working in a high altitude, arctic environment should have plenty of relevant experience before leading such an expedition. All our lead Denali guides have led at least four climbs of the peak before leading an expedition for Mountain Trip, which enables them to bring a higher level of client care as they are very comfortable operating in cold places. Alpine climbing skills are relatively easy for anyone to learn, but the larger skill set of taking care of your climbers, nurturing them, and setting your own personal ambition aside to better help the team are, to a large extent, the result of a guide service's "corporate culture." Mountain Trip is an industry leader in developing exceptional guides long before we allow them to lead any of our expeditions. Our guides serve lengthy apprenticeships in the mountains working under patient, experienced mentors. We have an almost 100% return rate amongst our guides, and have many guides who have worked for us for 5-15 years or more. Our guide team is caring and compassionate, yet they know how to get the job done when the situation dictates it.

Medical Training & Protocols

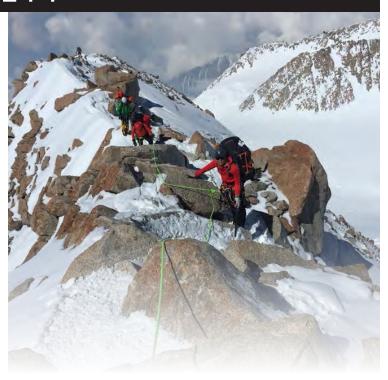
All our guides hold current medical certifications and are well versed in the most current protocols of altitude medicine, administered over by our company Medical Advisor, Dr. Peter Hackett, perhaps the foremost altitude medicine practitioner in the US, and founder of the Institute for High Altitude Medicine in Telluride, Colorado.

Pre-Trip Communication & Training

Alaska veterans staff our office. Use us as a resource as you train for your expedition. A Denali expedition represents a true test to a climber's ability to manage his or her personal maintenance. The technical aspects of the ascent are generally moderate and we will work with you in the months before your climb to ensure you are comfortable with all necessary technical skills. Good physical fitness is important and we encourage you to train specifically for this climb. We like to see all our climbers develop safe and self-reliant habits that will last long after our expedition. Contact us for details on what skills to specifically practice before your climb and to provide advice as you assemble your clothing and equipment.

First Aid and Health Checks

An important part of climbing in remote areas like the Alaska Range is to closely monitor everyone for signs of any potential health problems. Dehydration, coughs, or serious fatigue all can be managed if caught early and treated correctly. We carry well equipped medical kits complete with pulse oximeters. This latter tool is helpful in distinguishing between certain



ailments and an altitude related issue, and is part of a larger, comprehensive program of checking everyone's health at each step on the hill. As we previously mentioned, communication with the guides is important so that we can help mitigate an arising health problem before it becomes a more serious issue.

Acclimatization Schedule

There are many options for camping as a climbing team ascends Denali. We have some preferred camps, which we outline in our itinerary, but ultimately, the decision as to which elevation to camp will be dictated by the weather and the health of the team. Regardless of where a team camps on a given expedition, we will average approximately 1000' (300m) of elevation gain per day, which we feel is an appropriately conservative acclimatization schedule for almost every climber.

The Importance of Communication

Our guides facilitate on-mountain communication, but we cannot stress how important it is that you keep them apprised of how you are feeling on a daily basis. They have deep resources to call upon if they know of a developing situation. Many mountain ailments or minor injuries are easily dealt with in the early stages, but can become serious if not addressed.

Satellite Phones

We have a satellite phone on every expedition. Phones are primarily for emergent use and for communicating daily updates with our office, but are available for personal use as well. If you expect to need to use a phone regularly, please let us know well ahead of time.



GENERAL INFO

TEAM RESPONSIBILITY

Team members are ultimately responsible for their own well being.

This includes making all necessary preparations to ensure good health and physical conditioning. We highly recommend consulting your personal physician to help determine if a Denali ascent is an appropriate choice for you.

Our guides will discuss important issues along the way, but you should arrive in Anchorage very well prepared for your experience. 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.

Over the course of an expedition, it is not unusual to have doubts or a change in focus. It is part of the job of guides to help our climbers continue to be motivated and focused, so please keep in close communication with your guides at all times so that we can better help monitor your progress. Before an expedition, team members are responsible for having knowledge of all predeparture information, preparing themselves to be at a very high level of fitness, and for assembling the appropriate clothing and



equipment for the expedition. We will provide detailed guidance, but please contact us with any and all questions.

While on the expedition, team members are responsible to listen closely to the guides at all times, maintain basic levels of hygiene and to conduct themselves respectfully with other team members, staff, and members of other expeditions. Climbers who choose not to conduct themselves respectfully may be removed from the expedition.

We cannot stress the importance of open communication between everyone is on this trip. People climb Denali for many reasons and a fun part of joining a team is sharing in the diverse experiences of the group. We like to put team members in contact with one another before their climb. If you would prefer to not be included on team contact lists, please let us know.

TRAVEL DETAILS

Paperwork

We must have all of your application paperwork in order to confirm your spot on an expedition. You also need to register with the National Park Service prior to your expedition. Registration options, including their online service can be found at: www.nps.gov/dena/planyourvisit/mountaineering.htm

Airline Arrangements

Our Denali expeditions take from 15-22 days. Do not book your return flight too early. We recommend that you plan to spend at least 24 days in Alaska for a West Buttress attempt. You must arrive in Anchorage in time for the team meeting and equipment check at 10:00 am on the Meeting Date for your climb. We strongly recommend you arrive a day early, as this will allow you time for any unexpected travel delays or lost baggage.

Lodging

We provide two nights lodging before the climb at the Lakefront Anchorage Hotel. This is the location of our team meeting on the Meeting Date of your expedition. If you arrive earlier than the night before your Meeting Date, you are responsible for those nights of accommodation. We have negotiated rates with the Lakefront Anchorage Hotel and can assist with those arrangements. There are many other options for lodging in Anchorage ranging from five star hotels to hostel accommodations. If you prefer not to stay at the Lakefront Anchorage Hotel you still need be there at 10:00 am on the day your trip is scheduled to begin. Please let us know where you will be staying in Anchorage.

Park Service

You are responsible for the National Park Service mountaineering special use fee of \$365 (\$265 for climbers 24 years old and younger) as well as the Park Entrance Fee of \$10, which are payable to the National Park Service when we check in for the climb in Talkeetna. The NPS will accept cash or credit cards, but not checks. If you would prefer we bundle the special use fee into your trip cost, we are happy to do so.



GENERAL INFO









Please see our website at **mountaintrip.com** for current pricing

Unlimited pre-trip access to our office resources Guidance of our experienced Mountain Trip guides Up to two nights pre-trip accommodations in Anchorage (shared room) Scheduled round-trip group transportation between Anchorage and Talkeetna Scheduled flights between Talkeetna and Base Camp All food while on the mountain All group equipment (tents, ropes, kitchen, sleds, snow pickets, etc) Custom expedition dispatch blog for your climb, complete with podcasts from team members

IS INCLUDED ...

IS NOT INCLUDED ... Flights to and from Anchorage Personal clothing and equipment per our equipment list Meals while not on the mountain Additional nights' accommodation in Alaska Travel and cancellation insurance (Optional, but highly recommended) Costs incurred due to Costs incurred as evacuation or unplanned a result of delays departure from the beyond the control mountain due to illness of Mountain Trip or other problems (hence Customary gratuities insurance suggestion for guides above) Costs as a result Costs of any additional tours while in Alaska of force majeure

EXPECTATIONS



We firmly believe that the most 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 will 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. Climbing Denali is a lot of hard work and we really feel that if you strive 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.

This is a journey that will test your will, patience, stamina, endurance and good humor. Denali 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 you 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. Feedback over the years tells us that climbers find the duration of the expedition and the dependency on good weather to be significant mental challenges. Climbers have also commented that they should have put in more long days training with their pack on (5-7 hours, plus breaks). It is tough to train for pulling a sled, but some inspired climbers have tied old tires to their packs and pulled them through town or along the beach. Get creative!

There will be opportunities on your expedition to review skills necessary for traveling in a glaciated environment and we'll teach you a trick or two; however we do expect you to come to Alaska at least moderately proficient in certain skills. Review the following list of skills and take some time before your trip to get outside and practice them. If you have not used these skills in an alpine setting, consider signing up for an expedition prep course. In addition to teaching skills, such a course can serve as a good reality check for what you might encounter on a longer expedition.

We offer springtime Denali Preparation courses in Colorado and summer courses in Alaska. Give us a call for dates and prices. We can also refer you to someone in your area whom we think does a good job.

REQUIREMENTS

KNOTS

Figure 8 On A Bite
Clove Hitch
Double Fisherman's
Water Knot

SNOW SKILLS

Basic Ice Axe Technique (Including Self-Arrest)

Crampon Skills: French Technique (Alpinists have great French Technique!)

Plunge Stepping Down A Snow Slope

THE BASICS

Pack & Harness:

Loading & Adjustments

Crampons:

Putting Them On While Sitting, Standing, Over Boots and Off

Prussiks/Ascenders:

How To Affix Them

RECOMMENDED READING:

Glacier Mountaineering by Andy Tyson, 2004

Freedom of the Hills by The Mountaineers, 1960



PRE-TRIP TRAINING

Climbing Denali is a difficult undertaking!

The rigors of a 3-week expedition to high altitude require a lot of effort from its team members. Not only does being fit make the experience a lot more enjoyable, it is practically a prerequisite for expedition mountaineering and can make or break the climb. Besides spending long hours traveling the glacier and gaining altitude while carrying a heavy pack and pulling a sled, it is hard work setting up camp, shoveling tent platforms, and building snow walls. The more physically prepared you are for this workload, the better your chance of success on the mountain.

A basic training program as outlined below should help get you fit and strong within a six-month period. This assumes that you already have a basic level of fitness (you should be used to about 3-4 hours of exercise per week), some prior mountaineering experience, and have done long hikes with heavy boots and a pack. Often, programs are based on the concept of progression, which means increasing the length and also intensity of your workouts gradually and systematically to adapt your body to higher



and higher effort levels, preparing you for 8 to 10-hour days on the mountain. To achieve this adaptation, both specific (simulating the climbing on Denali) and non-specific (general endurance work-outs such as running, biking, cross-country skiing) training methods are used. Consider working with an expedition training coach. We can connect you with someone to help tailor a training regimen to meet your needs.

Check with your personal physician and have a physical done before you start – you must be healthy to handle hard workouts. Please contact us for monthly workout spreadsheets that might help structure your training.

ENDURANCE

Aerobic fitness is gained by working out at a constant sub-maximum heart rate (about 65%) for longer than 30-45 min. The intensity level should be such that you can carry on a conversation, but are breaking a sweat. Hiking, running, cycling, cross-country skiing are all good ways of building endurance. You'll spend most of your time on these.

REST

Each week has rest days and the end of each 4-week macro-cycle has a good rest period to allow for physical and mental recovery before the next block. Don't skip these! The body needs this time to adapt to the progressively harder workouts.

INTENSITY

A workout with your heart rate up to 80% of max — now you're breathing hard! Think about climbing a steep section of the glacier with a heavy pack in deep snow... You'll work up to doing these workouts later in the schedule.

CONDITIONING

A strong body, especially a strong core, is necessary for all sorts of things, such as carrying a heavy pack, building camp, and carrying loads back down the mountain. It is also is a key element in preventing injuries and keeping your body balanced. This conditioning can be achieved in a variety of ways, choose what works best for you: cross-fit, yoga, pilates, strength training in the gym, or other.

Nutrition & Hydration

It's important to develop good eating and drinking habits when you exercise frequently. Remember that this is what fuels your body! On long workout days (more than 1 hour), bring snacks with you (gels, bars, dried fruit, etc.) and drink water often. Drink several quarts of water a day if you sweat a lot. Replace your lost electrolytes after exercise — it will help you recover faster. Dehydration is hard on your body — try to avoid it.

EQUIPMENT LIST

Personal Items: Outer Layers: Warm Layers: ☐ LIGHT FLEECE TOP □ PARKA ☐ SUN HAT ☐ SUN SCREEN: 3 or 4 - 1oz tubes ☐ SHELL PANTS ☐ PUFFY JACKET ☐ NOSE GUARD ☐ TOILET PAPER **MOUNTAIN BOOTS** ☐ INSULATED PANTS ☐ STUFF BAGS ☐ TOILET KIT: **OVERBOOTS*** ☐ SHELL JACKET/ (2) WIDE MOUTH toothbrush & paste, SOFT SHELL WATER BOTTLES floss, handi-wipes **GAITERS*** □ WARM HAT ☐ CAMELBACK HAND SANITIZER ☐ BOOTIES* **HYDRATION** ☐ BUFF SYSTEM* PEE BOTTLE ☐ LIGHT GLOVES ☐ FACE MASK ☐ INSULATED **PERSONAL INSULATED GLOVES BOTTLE COVERS** MEDICAL KIT: blister kit, aspirin, **SUMMIT MITTENS** ☐ INSULATED CUP, ☐ HAND WARMERS antacids, lozenges, **BOWL & SPOON** SKI GOGGLES Ibuprofen, etc

A more detailed and updated equipment list is available at **www.mountaintrip.com**Please call or email with any and all equipment questions.



☐ LIP BALMS: 2 tubes

(*Optional, as needed)

GLACIER GLASSES

EQUIPMENT LIST



Base Layers:		Technical Gear:	
 □ BASE LAYER TOP: 1 or 2 □ BASE LAYER BOTTOMS: (1 - 2 weights) □ SOCKS: 2-5 pairs 	☐ T-SHIRT or SUN SHIRT ☐ SOFT SHELL PANTS ☐ UNDERWEAR: 3-5 pairs	☐ SNOWSHOES ☐ SKI POLES ☐ ICE AXE (with leash) ☐ CRAMPONS ☐ HARNESS	☐ ASCENDER and PRUSSIK CORD☐ CARABINERS☐ PERLON CORD☐ CLIMBING HELMET
Packs & Sleeping:		Optional Items:	
□ EXPEDITION PACK□ LARGE ZIPPERED DUFFEL□ EXPEDITION SLEEPING BAG	☐ COMPRESSION STUFF SACK ☐ TWO (2) SLEEPING PADS	 □ CAMERA □ BOOK or E-READER □ JOURNAL & PENCIL □ ALTIMETER WATCH □ SIT PAD □ MAPS 	 □ BANDANAS □ SPARE SUNGLASSES □ FOOT/BABY POWDER □ LIGHTER □ PERSONAL MUSIC PLAYER

Don't find out the hard way that your gear doesn't work correctly.

MAKE SURE YOU TRY EVERYTHING OUT BEFORE YOU BRING IT ON DENAL!!



THE MOUNTAIN



DENALI GEOGRAPHY

Rising to an elevation of 20.310 feet. Denali is the highest mountain in North America. It is located at 63 degrees north latitude, just over 3 degrees south of the Arctic Circle, and it is the tallest mountain in the world above 43 degrees latitude. With 18,000 feet of rise above the tundra few mountains in the world surpass it in terms of relief. Denali is part of the broad continuous mountain belt known as the Alaska Range. On the west, the range flows to the Bering Sea and on the south and southwest into the Gulf of Alaska.

Surrounding Denali are many magnificent peaks, including Mt. Foraker (known by the Athabascans as Denali's Wife) at 17,004 feet, Mt. Hunter at 14,570 feet, Mt. Huntington at 12,240 feet, Mt. Crosson at 12,800 feet, Mt Silverthrone at 13,329 feet and Kahiltna Dome at 12, 525 feet. Denali consists of two summits. The highest is the south summit at 20,310 feet, while the north summit is 19,470 feet high. Glaciers, separated by razor edge ridges, massive granite rock walls and spectacular summits, surround all the peaks in the Alaska Range.

Denali's height and latitude make it one of the coldest mountains on earth. In May or June summit temperatures may drop to 40 degrees below zero Fahrenheit. The mountain is so massive it creates its own weather. Wind speeds on the upper mountain can reach speeds in excess of 150 mph and large lenticular clouds over the summit may be seen from hundreds of miles away.

Denali may be approached either by foot or airplane. Climbers usually fly from Talkeetna to the 7,200 foot Base Camp on the Kahiltna Glacier. From here it is 16 miles and 13,000 feet of elevation gain to the summit.

On the north side it is 40 miles and 18,000 feet of elevation gain from Wonder Lake to the summit. Wonder Lake can be reached via a NPS shuttle bus on the park road. The road usually opens in late May.

The state of Alaska totals 586,000 square miles or one-fifth the size of the rest of the USA. The word Alaska comes from the Aleut word Alyeska, which means Great Land. The name is well deserved. It is a land of midnight sun, Northern Lights and miles and miles of glaciers, rivers and tundra. Much of Alaska sits on permafrost, which is ground that is perennially frozen.

A BRIEF HISTORY OF CLIMBING DENALI

The first known attempt on Denali was in 1903 by Judge James Wickersham and his four climbing partners. They reached an elevation of 8,100 feet on a spur on what is now known as the Wickersham Wall.

Also in 1903 Dr. Frederick Cook and five climbing partners made the first circumnavigation of the Denali and Foraker massifs, reaching an elevation of 10,900 feet on the Northwest Buttress. This remarkable feat was not repeated until 1995 when Daryl Miller and Mark Stasik completed the first winter circumnavigation.

In 1906, Cook and Ed Barrille claimed to have summited Denali via the Ruth Glacier (named after Cook's wife), but research by Bradford Washburn illustrates that they probably only reached a 5,500 foot satellite peak.

The first ascent of the North Peak (19,470 feet) was on April 3, 1910 by Peter Anderson and William Taylor. These Sourdoughs climbed the peak via the Pioneer Ridge, carrying a 20 foot spruce pole to the summit.



THE MOUNTAIN



In 1912, Belmore Browne, Herschel Parker, and Merl LaVoy came within 100 vertical feet of reaching the summit of Denali, but were driven back by high winds. This was Browne's third attempt to reach the summit. He later wrote a fascinating account about his attempts in a book originally published in 1913 titled The Conquest of Mount McKinley.

Finally on June 7, 1913 Hudson Stuck, Harry Karstens, William Harper and Robert Tatum reached the summit of the south and highest peak via the Karstens ridge. Hudson Stuck recorded an account of this expedition in The Ascent of Denali.

The first ascent by a woman was in 1947 by Barbara Washburn. The first ascent of the West Buttress was on July 10, 1951 by Bradford Washburn and his party.

DENALI TIDBITS & NATURAL HISTORY:

Athabasca natives living in the interior of Alaska named the mountain "Deenaalee," generally translated as "The High One," but has also been said to mean "Home

of the Sun." Other native names are Doleyka (from tribes in the Susitna Valley) and Traleyka (from Indians living near the shores of the Cook Inlet). The name Mount McKinley was unofficially given to the mountain in 1896, when William Dickey, a prospector from New Hampshire, performed rough

RECOMMENDED READING:

The Conquest of Mount McKinley by Belmore Brown, 1956 (original publication 1913)

> To The Top of Denali by Bill Sherwinot, 1990

The Ascent of Denali by Hudson Stuck, 1977 (original publication 1914)

Mount McKinley: The Conquest of Denali, by Bradford Washburn & D. Roberts, 1991

In the Shadow of Denali by Jonathan Waterman, 1994

Surviving Denali by Jonathan Waterman, 1991

A Map of Mount McKinley, Alaska by Brad Washburn 1947-53

A Tourist Guide to Mount McKinley by Brad Washburn 1974 surveys of Denali and determined it's height to be 20,000 feet. In 1897, Dickey wrote in the New York Sun newspaper that he had "named our great peak Mount McKinley after William McKinley of Ohio." McKinley was running for United States President at the time and would later be elected.

For years, many Alaskans referred to the mountain as Denali and in 1975 the State of Alaska officially requested that the US Federal government change the official name from Mount McKinley to Denali, but a Senator from Ohio derailed that request from 1975 to 2009.

Out of respect to the Alaskan natives, Mountain Trip has always used the name "Denali," and in September 2015, President Obama announced that Secretary of the Interior Sally Jewell renamed the peak to Denali, under authority of a federal law that permits her to name geographic features if the Board of Geographic Names does not act within a "reasonable" amount of time. Secretary Jewell stated that the Board had failed to act on Alaska's 40-year old request, saying, "I think any of us would think that 40 years is an unreasonable amount of time."



THE MOUNTAIN

DENALI

GEOLOGY & GLACIOLOGY

Denali's granite and slate core is covered by massive glaciers that drain snow and ice from its flanks. Hundreds of unnamed glaciers and at least 40 named glaciers flow from heights as high as 19,000 feet and descend to elevations as low as 800 feet above sea level. The Peters Glacier flows from the north and northwest portion of the mountain, whereas the Kahiltna Glacier descends the southwestern side of Denali and, at 44 miles, is the longest glacier in the Alaska Range. The official elevation of Denali was lowered by 10 feet after a GPS-based survey was completed in 2015. Mountain Trip was an official sponsor of the expedition to survey the mountain and our staff placed, and later removed, the GPS equipment on the summit of the peak.

WILDLIFE

Denali National Park and Preserve is one of Alaska's finest sites for wildlife viewing. There are 37 different species of mammals in the 6 million acre park, including caribou, grizzly bears, black bears, Dall sheep, moose, wolves, marmots, beavers, wolverines, porcupines, lynx (now rare), and red foxes. Some of the smaller species include snowshoe hare, weasels, mink, shrews, voles, pika, and arctic ground, red, and northern flying squirrels. There are 159 species of birds that can be spotted in the park, including the golden eagle, ptarmigan, arctic terns (that winter as far south as Antarctica), owls, magpies, and common ravens.

The only animal one is likely to see on the glacier while climbing the

RECOMMENDED READING:

Denali, National Park Service brochure, 1996

Discovering Wild Plants: Alaska, Western Canada, the Northwest, by Janice Schofield, 1989

Mount McKinley: Icy Crown of North America by Fred Beckey, 1993

Guide to Alaska Trees by US Dept. of Agriculture

Field guide to Alaska Wildflowers by Vera Pratt 1989

Alaska & Yukon Wildflower Guide by Helen White 1988

Alaska Natives, by H. Anderson and W.C. Sills, 1975

mountain is the common raven. It is not unusual to see this bird as high as 17,000 feet, looking for climbers' food that has not been properly stored. Occasionally a songbird that has been blown up glacier will be seen on the lower Kahiltna, but they do not survive long. Climbers traversing Denali, may see caribou, grizzly bear, and arctic ground squirrel while walking out to Wonder Lake.

FLORA

Denali is dominated by glaciers, but is surrounded by a wide expanse of open tundra and taiga. The word tundra refers to treeless areas and means "barren land." The tundra supports the growth of willow, dwarf birch, and alders. There are over twenty varieties of willow in the park, ranging in height from 2 inches to 20 feet. The low ground cover in the park includes lichens, mosses, cotton grass, tussocks, and herbaceous plants. Flowers generally bloom in May and June, but blossoms can be seen later at higher elevations. One might encounter moss campion, mountain avens, forget-me-nots (the Alaska state flower), lousewort and fireweed. There are more than 650 flowering plants in the park.





Berry-producing plants are plentiful and are an important source of food for both birds and mammals. Blueberry, crowberry, cranberry, and bearberry are widely distributed. Berries usually ripen in late July and August.

Taiga refers to the woodland of the north. In Denali one can find white and black spruce, birch, quaking aspen, willow, larch and balsam poplar (cottonwood). White spruce is the most common conifer. The black spruce is tolerant of wet conditions and is seen mostly in boggy areas. Tree line in the park is at 2,700 feet.

NATIVE AMERICAN HISTORY

Cro-Magnon man probably first crossed the Bering Land Bridge around 25,000 years ago. These Stone Age hunters followed herds of mammoth and reindeer across the tundra, killing their prey with spears. The early humans that migrated to the coastal areas became ancestors of Eskimo and Aleuts. The first sites of human habitation in the Alaska Range are dated between 9,500 and 6,000 years ago.

Denali has long been known and revered by Alaska's Native people.

The mountain is visible from over 200 miles away and, due to its height and vertical relief, was visible to many Athabas-can tribes, including those of Cook Inlet and the Susitna Valley. It is the indigenous Koyukon Athabascans who named the mountain "Denali."

The Northern Athabascans who inhabited land in the present park were nomadic and hunted caribou, moose and sheep in the hills in the northern parts of the park. If you are interested in the history of Alaskan natives, we recommend that you visit the Alaska Native Heritage Center in Anchorage, Alaska.

THE NATIONAL PARK SERVICE AND ITS MISSION:

America's National Park Service was created by Congress to "... conserve the scenery and the natural and historic objects and the wild life therein, and to provide for the enjoyment of the same in such a manner and by such means as will leave them unimpaired for the enjoyment of future generations." Additionally, Congress has declared that the National Park System should be, "...preserved and managed for the benefit and inspiration of all

the people of the United States." The National Park Service has as its overall mission the preservation and public enjoyment of significant aspects of the nation's natural and cultural heritage.

DENALI NATIONAL PARK & PRESERVE

The original area of Denali National Park was dedicated as Mt McKinley National Park on February 26, 1917, when President Woodrow Wilson signed the McKinley National Park Establishment Act. "... for the preservation of animals, birds, and fish and for the preservation of the natural curiosities and scenic beauties thereof. That the said park shall be and is hereby established as a game refuge."

The park was later expanded until reaching its present size following the passage of Alaska National Interest Lands Conservation Act (ANILCA) in 1980. The resulting Denali National Park and Preserve was established to protect the Alaska Range massif, and to protect habitat for fish and wildlife, including grizzly bear, moose, caribou, Dall sheep and wolves and to provide opportunity for wilderness recreational use.



OUR SOAP BOX



Mountain Trip is committed

to Low Impact Practices in all aspects of our operations. We travel among some of the most beautiful mountain environments in the world and believe it is our responsibility to protect these places in whatever way we can. We practice the Leave No Trace policy in the wilderness to minimize our impact in the pristine mountains where we lead our trips.

As mountain guides, we are lucky to be able to travel to remote locations around the globe and visit different peoples and places. While acknowledging that our mere presence in some regions is an impact, we will always do our best to learn about and respect local cultures in all our travels.

Moving forward in the new millennium, we need to be conscious of the fact that the choices we make affect the footprint that we leave on this planet. We try to do our part to make this world a better place by purchasing healthy expedition food with minimal packaging and packing out our trash on expeditions. We support vendors who practice

lower impact policies. Our Mountain Trip T-shirts are made from organic cotton and have utilized a solar-powered web service to power our website. Starting in 2008, we began purchasing carbon offsets to reduce the impact of our Alaska operations.

As a company, we have tried to invest in our guides and we think that you will notice what a difference this makes on our trips. Mountain Trip has always felt more like a family than a corporation and this is a big reason that so many of our guides return year after year. A result is that all of our lead guides are among the most experienced and respected on Denali. We encourage you to call our office with any questions or comments. When you call, you will likely reach someone who has climbed Denali many times and can give you advice based on personal experience not based on a informational "cheat sheet".

We love what we do and are excited to share the high mountains with you. Thanks for your trust and we'll see you in Alaska!

