

**MAC Alpine Climb - Mt. St. Helens**  
**Trip Leader(s): Han Yan (206) 643-4284**  
**Date: April 28-29, 2018**

**Purpose:** St. Helens is a great introduction to glacier climbing and a great conditioner. MAC students will get a solid climb under their belt and practice glacier climbing skills in a realistic environment.

**Co-leaders/instructors:** Matt Swenson (206) 853-1585, Andre Gougisha (425) 328-5893

Carpool: <https://www.groupcarpool.com/t/u2ejob>

**MAC members:** Ada Kuhtz, Benjamin Saelens, Kaelen Moehs, Keely Carolan, Nick O'Donnell, Sophie Carolan, Henry Meyer

**Tentative schedule:** April 28-29, 2018

*Saturday 4/28*

- **8:00am:** Meet at the Mountaineers Seattle Program Center, in basement. Code: 6687
  - Gather up group gear, review gear list, pack check, first aid lead, etc. Meeting is not optional!!!! Everyone must be there!!! No exceptions!! I don't care where you live! Don't be late!!!
- **9:00am:** Depart the Mountaineers for Marble Mountain Sno Park (Sno-Park pass req'd)
  - [Directions, double check with "driving directions" section below](#)
- **12:30pm:** Arrive at Marble Mountain Sno-park
  - Ensure that everyone's packs are of equitable (not necessarily equal) weight.
- **1:00pm:** Start hike to tree-line to make camp
  - General camp-craft, tent platforms, wind walls, cooking table
  - Personal management: pack management, keeping dry/comfortable, gear management
- **Rest of the day:** Practice snow skills as time allows including
  - Crampons, ice axe, snow travel, snow camping
- **Evening:** Make dinner in 3 groups, using 1 stove per group (3 stoves)
- **8:00pm:** Turn in for bed.

*Sunday 4/29*

- *(group should decide on alpine start time, 5:30am wake-up at the latest):* Wake up, have breakfast
- **Before sunrise:** Set turnaround time, leave camp
- Head up route for St. Helens summit, practicing skills along the way, focusing on:
  - Walking with crampons: different techniques
  - Ice axe grip positions
  - Walking in balance
- Summit St. Helens
- On the way down, break up into groups and practice:
  - Plunge stepping
  - Self-arrest (as safety allows)

- Glissading
- Get back to camp and pack up, hike out by 2:00pm.
- *By 5:00pm:* Be back at the cars. Shooting for earlier.
- *By 9:00pm:* At the very latest, be back at the Mountaineers for pickup.

**Driving directions:** \*Sno-Park permits required,

From the town of Cougar, drive east on Lewis River Road, which turns into Forest Road 90. Continue on FR 90 until the intersection with Forest Road 83. Turn left on FR 83 and continue approximately 6 miles to the Marble Mountain Sno-Park. During the winter and early spring, FR 83 is gated at the Sno-Park.

**Trip cost:** There may be costs related to gear rentals. Do bring about \$20 in case the group decides to stop for dinner on the way back Sunday.

**Gear to bring:**

**\*\*[Gear available to borrow from the Mountaineers]\*\***

- 10 essentials
  - extra food
  - extra water
  - extra clothes
  - shelter (sleeping pad or emergency blanket)
  - first aid kit
    - Please include duct tape, moleskin, band-aids, blister care supplies, and prescriptions at a minimum. Painkillers such as ibuprofen are recommended.
  - sunscreen and sunglasses
    - SUN PROTECTION IS EXTREMELY IMPORTANT
    - At least SPF 30
    - SPF chapstick HIGHLY RECOMMENDED, have two, one for backup
  - **\*\*map and compass\*\***
  - repair kit (pocketknife, duct tape)
  - firestarter
    - waterproof matches, 2 lighters
  - headlamp/flashlight and extra batteries
- Food/hydration
  - 3 l of water capacity. One Nalgene sized water bottle, one 2l hydration bladder or other combo giving you 3l of capacity. Come on the first day with 3l of water filled up.
  - **\*\*Water purification tablets or water filtration system (tablets preferred, lighter)\*\***
  - Snacks/lunches for Saturday and Sunday. As per 10 essentials, bring more than you think you'll need.
  - **\*\*Dinner provided by the Mountaineers in the form of Mountain House dehydrated meals\*\*** If you have dietary restrictions, inform me ASAP.\*\*
  - **\*\*Breakfast provided by the Mountaineers in the form of instant oatmeal.\*\***
- Clothing/accessories – effective winter layering system **\*\*NO COTTON CLOTHING\*\***
  - Head

- neck gaiter/scarf or balaclava or buff or ear-warmers
    - warm beanie for night
    - **sun protection hat**
    - **Sunglasses/goggles with 100% UVA/UVB protection and shielding for the side of your eyes**
  - Top
    - warm, heavy wool or poly base layer
    - insulating mid layer (fleece or synthetic down)
    - **waterproof and windproof outer layer**
    - heavy down/synthetic parka for night/standing around
  - Bottom
    - Synthetic, sweat wicking underwear
    - warm, heavy wool or poly base layer/tights/long underwear
    - fleece insulating pants for night
    - soft shell / synthetic hiking or ski pants for day
    - **waterproof rain pants**
    - one extra set of bottoms
  - Feet
    - liner socks
    - 1 pair of heavy wool socks per day, plus 1 extra for night
  - Hands
    - Liner gloves
    - waterproof skiing gloves
    - 1 extra set of gloves
  - Extra set of lounge clothes for the ride home, car slippers
- Shoes
  - Crampon compatible mountaineering boots or crampon compatible snow boots (\*\*NOTE: Mountaineers has a limited supply of these, inform me ASAP if you need some. It may be necessary for you to rent/buy Mountaineering boots for this trip)
  - **\*\*Snowshoes\*\***
  - **\*\*Gaiters\*\***
- Climbing gear - personal
  - **\*\*Ice axe\*\***
  - Crampons (\*\*NOTE: Mountaineers has a limited supply of these, inform me ASAP if you need some. It may be necessary for you to rent/buy crampons for this trip)
  - **\*\*Helmet\*\***
  - **\*\*Hiking poles\*\***
- Camping gear – personal
  - **\*\*60-80l backpacking or climbing pack\*\***
    - Limited supply available, you should have your own. Please strongly consider buying one if you don't
  - **\*\*20 degrees F rated sleeping bag\*\***
  - **\*\*Insulating sleeping pad or inflatable Thermarest, or both (preferred)\*\***

- Limited supply available, you should have your own. Please strongly consider buying on if you don't
  - Personal mess kit including: bowl/cup, knife, fork/spoon
  - Toiletries including: 1 blue bag per day, TP, plastic bags for packing TP out, hand sanitizer, heavy duty plastic bag for packing out waste (poop), floss, small toothbrush, toothpaste
  - 2-3 large black garbage bags
  - Make sure you have something to use as a pillow (down jacket, stuff sack full of clothes. Don't actually bring a pillow)
- Camping gear – group (these things will be supplied by the Mountaineers and split up among participants)
  - **\*\*tent w/ rainfly, ground cloth, stakes\*\***
  - **\*\*tarps in case in rains\*\***
  - **\*\*4 avvy shovels\*\***
  - **\*\*3 white-gas burning or jetboil/reactor style stoves, 1 pocket rocket as backup**
    - Mountaineers has: 1 MSR reactor, 1 whisper-lite and fuel for both. The group could use one more stove/fuel.
  - **\*\*1 pot per stove for boiling water\*\***
- Misc items
  - hand and toe warmers (at least one set per day)
  - **\*\*One PLB per rope team (3 total)\*\***
  - 1x one-gallon ziploc bag to hold your skills assessment papers and pencil
  - **\*\*3x walkie-talkie radios (one for each leader)\*\***

**Notes:** Everything in this trip sheet is tentative. The leaders will make all decisions conservatively and on an as-safety-allows basis. We will not push the group into anything they are uncomfortable with.

This trip is not for the faint of heart. We will be camping overnight at elevation in sub-freezing temperatures. We will get wet, we will get cold, but we will have a lot of fun and learn a lot about climbing and about ourselves.

Trip resources:

[Topo map of the area/route](#)

[NWS weather forecast](#)

[Forest Service Road info](#) (it is open, but may be snowy/icy)

[NWAC avalanche forecast for the area](#) (we will stay out of avalanche terrain)

[AAI Glacier climbing equipment list](#) (more detailed than the one I've put in here, this is definitely worth reading if you plan to continue with glacier climbing and if you want more explanation on gear)