

[Mt Baker Version] JEJE Sig Snow Trip Plan

Last Updated: Apr 24, 2024

[2024 Basic Alpine Climbing Course](#) | [Seattle Basic Alpine SIG Field Trip](#)

Know Before You Go (KBYG)

- **Location:** Mount Baker Ski Area near the Heather Meadows Lodge
- **Parking Pass:** NW Forest Pass/Interagency Pass
- **Weather Report:** <https://forecast.weather.gov/MapClick.php?lon=-121.68&lat=48.86>
- **Getting there:** Carpooling is encouraged to keep our footprint low and impact minimum.
 - Carpool Meet Up Location and Time:
 - Start of Activity Location and Time: <https://maps.app.goo.gl/ym46mUbcHz6wbY9J9>
 - CalTopo with prospective practice spots: <https://caltopo.com/m/QMQ30>
- **Area info:**
 - Emergency: Call 911
 - Mt. Baker Ranger District: (360)-856-5700
 - Whatcom County Sheriff's Office 360-676-6650
 - Hospital: Peace Health St. Joseph Medical Center
2901 Squalicum Pkwy, Bellingham, WA 98225

Gear List

Personal Glacier Travel Gear:

- Sun protection (sun shirt and sunscreen)
- Glacier Glasses
- Mountaineering Boots
- Gaiters
- Snowshoes
- Ice axe
- Crampons
- Helmet

- Harness
- Pulley
- Hero loop (not hollow block)
- Personal Anchor
- 5 Locking carabiners:
 - For tie-in: (Two locking carabiners or a triple-action locker), locker for chest-prussik, locker for personal anchor
 - For rescue: Two locking carabiners (1 for master point on anchor, 1 for pulley)
- Chest prusik and Foot prusik
- 2 long runners
- Belay device
- Durable gloves (ideally, with 2 pairs of liners)
- Layers: at least - 2 base layers, 2 mid layers, 1 puffy, 1 rain coat
- Extra socks, hat and gloves
- Foam pad for sitting and sleeping
- Trash bag for Glissading
- **Old** snow pants or rain pants for self-arrest practice (don't bring your expensive gear for this practice! It'll get trashed)
- **Headlamp** - to see at night
- **Blue bags, Toilet paper and hand sanitizer** - there are no toilets where we are camping and burying waste is not feasible.
One blue bag per person per day
- **Snow shovel** - Optional

Personal Cold Gear

- **Day pack** - It should fit the gear listed above as well as your tent and camping gear. We do not plan to return to the cars during the trip Some of you will be asked to carry a rope or some group pickets so leave a little space in the pack
- **Mountaineering Boots**
- **Water** - Bring 2L minimum, 3 recommended.
- **Food** - Snacks, sandwiches and trail mix/bars. We will have a lunch break to regroup and rest so bring something tasty to eat!
- **Puffy & Layers**

Major Skills:

- Snow travel on rope teams
- How to hold an ice axe and self-belay
- Snow Belays
- Snow Anchors
- Crevasse Rescue- C-Pulley
- ~~Snow camping, cooking and water prep~~
- Ice axe arrest
- Crampons - how to put on and safely travel

Daily Itinerary - Saturday

Time	Location	Activity	Goal	Specifics
8:00am	Circle up at Parking lot	Gear Check	To make sure that we have gear before we leave and to distribute ropes/group gear	<ul style="list-style-type: none"> • See KBYG gear list • Distribute group gear (e.g. ropes, pickets) • Work with tentmate to distribute gear • Weigh Packs
8:15am	Circle in Parking lot	Check-in	To understand goals for the day and the plan	<ul style="list-style-type: none"> • Goals for weekend • Any Questions? • WFR & Safety Plan • Skills Overview • Review Map
8:35am	Parking lot	Getting Ready for Roped Travel	To quickly and efficiently put on harness and crampons	<ul style="list-style-type: none"> • Put on harness • Gear check - everything needed for tie-in • Day pack is dialed in
8:50am	Parking lot	Overview of Rope Set-up	To understand how to distribute climbers on rope teams	<ul style="list-style-type: none"> • Overview of configurations for different numbers of team members • Have ends of rope available for rescue • Arm length rule (10 - #people on rope teams) • Identify rope teams that we'll be using during practice • Tie-in for End Climber • Tie-in for Middle Climber
9:05am	Parking lot	Assemble into Rope Teams	To able to tied into a rope safely	<ul style="list-style-type: none"> • Break into rope teams • Set-up Ropes • Tie-in • Partner Checks
9:25am	Ascend Slope and Travel10	Practice Rope Travel	To efficiently move around "crevasses" and on snow efficiently as a team	<ul style="list-style-type: none"> • Keep ice-axe uphill • Walking in Balance • Managing Slack on turns

				<ul style="list-style-type: none"> ● Keeping tension in the rope in front of you
10:25am	Lunch Spot	Belay Demonstration	To understand how to belay	<ul style="list-style-type: none"> ● Body Belay ● Boot Belay
10:45am	Lunch Spot	Belay Practice	To practice belaying	<ul style="list-style-type: none"> ● Body Belay ● Boot Belay
11:25am	Lunch Spot	Lunch and Anchor Demonstration	To understand how to set up snow anchors	<ul style="list-style-type: none"> ● T-slot ● Vertical Picket - mid-clip, top clip
12:00pm	Lunch Spot	Anchor Practice	To practice setting up snow anchors	<ul style="list-style-type: none"> ● T-slot ● Vertical Picket - mid-clip, top clip
1:00pm	Slope	Practice Crevasse Rescue - C-Pulley	To practice Crevasse Rescue, C-Pulley	<ul style="list-style-type: none"> ● Self-Arrest and catching a fall ● Communication ● Anchor Building ● Back-up knot ● Safe at all times ● Hauling ● Rope Management
2:30pm	Slope	Self-Arrest Demonstration	To observe how to self-arrest	<ul style="list-style-type: none"> ● 4 positions ● Spike don't spike me ● Minimize surface contact ● "Push-up position" over the axe
2:45pm	Slope	Self-Arrest Practice	To practice self-arrest	<ul style="list-style-type: none"> ● 4 positions ● Spike don't spike me ● Minimize surface contact ● "Push-up position" over the axe
4:00pm	Slope	Glissade Demonstration and Practice	To understand safe glissading technique To practice safely glissading	<ul style="list-style-type: none"> ● Turn away from the pick ● Practice transition into self-arrest

4:30pm	Head back to cars	Hike to Cars	To return to cars with all the gear	
4:45pm	Circle up in Parking Lot	Debrief on the day	To debrief on the day and sort gear	<ul style="list-style-type: none"> ● Give back group gear ● Reflect on day