

American Alpine Institute, Ltd.

Alpine Mountaineering and Technical Leadership Part II

Itinerary

Day 1:

On the first morning, we will meet at our headquarters in Bellingham, WA at 7am. There we will go through our equipment for the course and make sure that everyone has the appropriate mountain equipment. We can also complete any rentals or sales that need to take place in order to outfit the participants. Once we have completed this, we will drive to Leavenworth, Washington, or to Squamish, British Columbia for the first section of the program. The first four days will be focused on traditional rock leadership.

Skills to be Covered: racking for leaders, traditional anchors for leaders, practical application of both passive and active protection, and introduction of the autoblocking belay device.

Lodging: Front Country Car Camp

Day 2:

Skills to be Covered: introduction to multi-directional anchors, introduction to anchor and rope management, introduction to single and multi-pitch leading procedures, practical application of movement skills and mock leads will be performed.

Lodging: Front Country Car Camp

Day 3:

Skills to be Covered: cleaning anchors and rappelling, techniques for rappelling multi-pitch lines, discussion of lead climbing strategies—both physical and mental, guided example of a short multi-pitch line, continued movement skills practice and short “real” leads.

Lodging: Front Country Car Camp

Day 4:

Skills to be Covered: Discussion of falling and fall factors and how they apply to a leader, continued mock and real leading practice, practical application of lead falls on gear or bolted anchors, student lead single and multi-pitch climbs.

Lodging: Front Country or Car Camp

Day 5:

On the morning of Day 5 we will pack up camp and prep for time in the backcountry. The following three days will be spent on ice climbing skills and advanced crevasse rescue practice on the North Side of Mt. Baker. The team will make approximately a 3.5 mile hike from the trailhead up to a camp near the glacier where they will base to work on ice skills.

Skills to be Covered: simple crevasse rescue review, introduction to high angle rescue (belay escapes, hauling systems, lowering systems, rescue rappelling systems). These systems will primarily be done on trees in a camp to be applied in a more high-end steep setting later on in the program.

Lodging: Backcountry Camp

Day 6:

Skills to be Covered: introduction to advanced skills on steep angle ice, introduction to ice protective systems, ascent and descent strategies, leading on steep ice, and movement skills on overhanging ice.

Lodging: Backcountry Camp

Day 7:

At the end of the day on Day 7, we will pack up camp and return to the van.

Skills to be Covered: advanced crevasse rescue with an injured patient, continued work on ice climbing movement skills.

Lodging: Front Country Car Camp

Day 8:

We will make a short drive to a steep crag where the team will work on self-rescue skills in a high angle environment. Please note that this particular lesson can be done as an alternative if we have a weather day and can fit anywhere in the AMTL II program.

Skills to be Covered: continued development of high angled self-rescue skills, this time on a steep cliff-side. Skills will include: hauling systems (2:1, 3:1, 5:1, 6:1), lowering systems, belay escapes, knot passes and rappelling systems.

Lodging: Front Country Car Camp

Days 9-12:

Days 9-12 are reserved for ascents. The ascents will be determined by the weather and conditions, but will include a number of opportunities for student leadership with guide mentorship. Ideally students will have the opportunity to lead on all mediums in the last few days of the program.

Skills to be Covered: practical application of student leadership on snow, ice and rock.

Lodging: Front Country Car Camp or Backcountry Camp depending on Objective