

American Alpine Institute^{Ltd.}

- Program Itinerary -

3-Day Glacier Skills and Crevasse Rescue Course

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Meeting Location: The offices of the American Alpine Institute in Bellingham, Washington.

Meeting Time: Unless an alternate meeting time has been arranged, you should plan on meeting your guide(s) and the equipment shop staff at AAI's office a few minutes before 7am on the first morning of your program.

Day 1 - After a brief meeting and introductions here at our office your instructor will take the first part of the morning to check over your equipment, finalize any rentals and purchases you may need for your program, and get packed up for the drive to the trail head.

-After arriving at the trailhead (3700') we will shoulder packs and head for what will be our base camp. There are a few spots that we can use as a camp on this program and the elevation gain and total distance covered will vary based on which of these locations you and your guide choose. The hike in will cover between 3.5 and 4.5 miles and we will camp between 5400' and 6000'.

-The remainder of this day can be spent setting up camp, discussing the concepts of glacier travel, glaciation, mountain weather, and geology. We may start on our snow skills practice if there is time.

Day 2 - We get an early start and spend the day reviewing snow skills on the glacier, including ice axe and crampon use, glacier travel, rope work, snow anchors, and self arrest. This will be a full day of practicing with your hands on!

Day 3 - Crevasse Rescue day! This will also be a full day of practice, focusing on team crevasse rescue and the specifics of self-rescue (prussiking). We shoot for getting climbers back to town by about 5pm, which means we will need to pack up camp and start the hike out by about 1 or 2pm. We will return to the Institute, return gear, and take you back to your hotel.