



TECHNICAL ROPE RESCUE ADVANCED MOUNTAIN RESCUE

Bellingham, WA

PROGRAM ITINERARY

Program Details:

The Advanced Mountain Rescue portion of the Technical Rope Rescue Comprehensive will take place in two settings. The first will be in a classroom, where we will look at a variety of systems and discuss the issues surrounding them. And the second will be on Mount Baker, where we will address steep and high-angle environments as well as crevasse issues on snow and ice.

Participants will meet daily at **8am** at the American Alpine Institute. Most days will run from approximately **8am to approximately 5:30pm**. Classroom sessions will take place at the Institute.

Participants may choose to camp at Larabee State Park, located six miles from the Institute or to stay at a local hotel. The Institute provides transportation from our headquarters to your course climbing locations.

Temperatures at front-country steep and high-angle locations in the spring and summer will range from 50 to 80-degrees Fahrenheit. Temperatures in the backcountry may drop to as low as 30-degrees. Rain is not uncommon, even in the middle of the summer, so dress appropriately.

Difficulty Grade:

Intermediate to Very Advanced

Program Cost Inclusions and Exclusions:

Inclusions: Permits and access fees; Transportation during the course; Guide fee; Group technical equipment; Biffy bags.

Exclusions: Food costs; Personal equipment; Lodging costs; Personal health, Baggage and Trip Insurance; Transportation before and after your course dates, and from your place of lodging to our headquarters.

Itinerary:

Day 1 – Advanced Mountain Rescue

Expect to arrive at our equipment shop at **8am** for the first day of the AMR portion of the course. This will be a front country day that will include a comprehensive equipment check, so be sure to bring all of your gear. The classroom session will cover several topics including the strength of snow and ice

anchors, bolts, two tensioned systems, plaque systems, the diminishing loop and the San Juan pick off. Tonight you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.

Day 2

We will meet at **7am** on Day Two at the AAI Equipment Shop for our rendezvous. We will do a quick equipment review, run over the itinerary for the day, ensure we hit the road as soon as possible. We will drive approximately one hour to the trailhead for Mt. Baker. From there we will hike approximately 3 miles to a camp at roughly 6,000 feet. Programs in the spring may go to the ski area parking lot instead of the backcountry. This will allow for less time spent on approaches. Once we reach an ideal location for skills practice we will review snow school techniques and snow anchors, introduce steep angle litter hauling and lowering with attendants, and cover backcountry patient packaging. Tonight we will camp in the backcountry at a designated basecamp.

Day 3

Today we will have an early start and begin reviewing crevasse rescue, in which we will conduct an in-depth study of team rescue as well as self-rescue in a crevasse fall scenario; instruction will include descending into the crevasse to perform first aid on the client before hauling him or her out. Systems we will cover include the drop C, 3:1, and 6:1 crevasse rescue hauling systems. Tonight we will camp in the backcountry at a designated basecamp.

Day 4

Today will be another early start, as we make our way from basecamp to a location on the glacier where we can practice managing a litter on low-angle snow terrain, develop techniques to manage a litter through a crevasse field and an icefall zone. Once we are done for the day we will hike back to camp, pack up and hike out to the vans and head back to the AAI equipment shop.

Day 5

Day Five may be interchangeable with Day Two depending on the weather. This is the final classroom session in which we will cover high-end scenarios. This scenario will have a pickoff and will require lowering and hauling systems in complex terrain. The final field session will be an execution of a similarly difficult rescue. The course will finish around 5-6pm on the final day.

Weather Options:

The Cascades are a wet range, and a rescue team has to be prepared for wet conditions. However, sometimes rain and snow is a hindrance to the learning environment. This is especially true if everyone is cold and wet while trying to understand complex concepts. As such, this course has some poor weather options that will still provide participants with advanced level experiences.

Optional Front Country Day #1:

Instead of going into the backcountry, the team may spend a significant amount of time working on highlines and reeves at a front country location. The highline scenario will be designed to go over a serious chasm that will require advanced rigging techniques.

Optional Front Country Day #2:

In the unlikely event that there is a second front country day, the team will have a second difficult rescue scenario with significantly different problems than the scenario encountered on Day Five.

Note:

As the final five days may have up to three days in the backcountry, it's important that your lodging is flexible. We will determine how many days we will go into the backcountry on the first day of Advanced Mountain Rescue so that you are able to make plans.

Due to the significant snowfall in the Cascades range, it is common for the Advanced Mountain Rescue portion of the program to avoid going up onto the flanks of Mount Baker in the Spring. This is because it required significant road walking. As such, the team commonly does many of the Advanced Mountain Rescue techniques on spring programs near the Mt. Baker Ski area, commonly as day trips. For summer and fall programs, the team will hike up onto the flanks of Mt. Baker.