



LEADERS OF TOMORROW

Bellingham, WA

PROGRAM ITINERARY

Program Details:

The Leaders of Tomorrow program was loosely based on the extremely popular American Alpine Institute Alpine Mountaineering and Technical Leadership Program (AMTL). *The Men's Journal magazine* called that program "the country's most respected and thorough rock and mountaineering course." The difference between this high-end program and the Leaders of Tomorrow program is that the latter program has a specific focus on youth climbing (14-17 years old). Participants on the Leaders of Tomorrow program will be exposed to all of the AMTL material as well as introductory backcountry skills for youth and strategic planning.

The Leaders of Tomorrow program provides a comprehensive introduction to all aspects of alpine mountaineering, general team leadership, and leading rope teams on glaciers.

Students have three options in the program. Some students may wish to participate in the first six days of the program that emphasize beginner outdoor rock climbing. Others may wish to continue on for the second and third session in the sequence. The second session emphasizes glacier travel and mountaineering, ending at the 12 day mark. The third and final session focuses on alpine rock climbing which involves both glacier and rock ascents, ending at the 17 day mark.

In this program, the Institute guides help students to develop a complete set of alpine climbing skills for rock, snow, and ice. Beginning with the basics, students learn route finding and hazard assessment skills as well as self-rescue. Students who sign up for all sixteen days will finish their program with an ascent where they lead - with the oversight of the guides - a classic rock, snow, and ice ascent.

In this program, we place as much emphasis on good mountain judgment as we do on the development of technical skills throughout this course we help students observe and analyze climbing routes, terrain features, and hazards so that by the end of the program a student will have developed the ability to lead a small team safely through a rugged and complex environment. They will also have the ability to lead rope teams on basic and intermediate alpine routes.

Following is an example course itinerary. In most cases, a great deal more will be covered during the day than what is listed here. It is important to understand that given conditions certain topics will receive more coverage than others. For example, early in the season more time will be given to snow stability whereas later in the season more time will be spent on ice technique. This is because early in the season there is more snow, whereas late in the season there is often more exposed ice.

It is extremely important for those who participate in this course to understand that this itinerary is not set in stone. Changes may take place at any time due to weather or summit strategies. If you do not understand why an itinerary change occurred, please ask your guide.

Difficulty Grade:

Beginner to Intermediate

Program cost Inclusions and Exclusions:

Inclusions: Permits and access fees; transportation during the course; guide fee; group technical equipment; rental equipment; waste bags; all food for the course.

Exclusions: Additional or extra snacks from home; personal equipment; Personal health; Baggage and Trip Insurance; and pre or post trip lodging if outside the confines of the program.

Itinerary:

PART I - Outdoor Rock

Day 1

- Travel to Bellingham, Washington. Alaska Airlines, Southwest and Allegiant Airlines fly directly to Bellingham. Other airlines fly to Seattle. We offer an AAI complimentary shuttle from either airport to our headquarters in Bellingham.
- Meet at AAI at 3pm. If students arrive or are dropped off at the airport or a bus station, an AAI staff member will meet them and bring them to the 3pm meeting.
- Complete a gear check and pick up any rentals required at the AAI equipment shop. Rentals are included as part of the Program's tuition. However, some student may need to make additional purchases. Please see the equipment list for details on what is available for rent and for purchase or call the equipment shop at 360-671-1570.
- Have an initial dinner together at a local Bellingham restaurant. All food and meals out are included in the course tuition.
- Drive to a local front-country campground and spend the night. Students who are new to camping will be given additional instructions on how to set up for the night.

Day 2

- Drive to Mt. Erie, a rock climbing area near the town of Anacortes.
- Introduction to rock climbing skills. Skills include: selection and use of personal equipment, basic knots and hitches, climbing commands, movement skills, belaying and rappelling.
- In the late afternoon, students will drive to a local store and will do their first expedition food-buy. The team will select food for five days in the front-country.
- After shopping, the team will return to the front-country camp. There they will receive their first instruction on the use of camp stoves and will begin to learn the art of backcountry cooking.

Day 3

- On the third day of the program, the team will once again travel from the campground to the crag.
- The team will review skills from the previous day, gain additional practice, and advance their technique.

- After a full day at the crag, the team will return to the front-country camp.

Day 4

- On the fourth day, the team will once again return to Mt. Erie.
- The team will review skills from the previous day and continue the development of movement skills for intermediate rock climbs.
- At the conclusion of the day, the team will return to the front-country camp.

Day 5

- The team will make their way to Mt. Erie one last time for a final day of rock climbing in Part I. At the end of the day, the team will transition to a different campground closer to Bellingham.
- The team will have a celebratory dinner in Bellingham to say goodbye to those who are only on Part I.

Day 6

- Students who are only participating in Part I will be dropped off at the American Alpine Institute headquarters in Bellingham. A staff member will then bring the student to the airport or the bus station and see that the student is appropriately taken care of before leaving.

PART II - Mountaineering

Day 6

- An additional guide will join the team for the beginning of their first backcountry stint. Significant time will be spent on backcountry packing techniques.
- The team will shop for final backcountry food supplies, sort food and gear, and pack their backpacks for the next step of their journey.
- The team will then drive to the south side of Mount Baker where the trailhead may be found at 3,200 feet.
- The team will hike into Base Camp at about five miles. Camp options include a semi-sheltered camp at the last trees at 5,600 feet, Sandy Camp at the end of the Railroad Grade at 6,000 or west of the moraines slightly higher.
- Discuss the Leave No Trace techniques and how they pertain to human waste.
- Following the hike, the team will set-up camp and will receive further instructions on how to camp in the backcountry.

Day 7

- The focus of Day Seven is to build a solid understanding of snow, how to walk on it, and how to protect oneself on glaciers and steep terrain.
- Snow school techniques to be covered include: snow travel with and without an ice axe, parts of an ice-axe, self-arrest, glissading, shuffle step, plunge step, diagonal ascent, piolet canne, and piolet manche.
- Snow anchors to be covered include: deadman, pickets, snow flukes, ice-axes, and snow bollards.
- Glaciology discussion will include the following terms: crevasse, bergschrund, moraine, ice falls, serac, compression zone, accumulation zone, and ablation zone.
- Techniques to create multi-point snow anchors.
- Snow seats and belaying on snow with both a static and dynamic belay.

Day 8

- The eighth day of the program will primarily concern glacier travel and crevasse rescue. Students will spend the full day on the glacier and everyone will have the opportunity to go down inside a crevasse.
- Crevasse rescue studies will include prusiking, a 2:1 drop C, a 3:1 Z pully and a 6:1 C on Z.
- Upon return to camp, a map, compass, altimeter and GPS lecture will cover the uses of each of these instruments.

Day 9

- Today we will cover an introduction to ice climbing technique. Topics to be covered include: French, German and American technique, step cutting, pied a plat, pied en canard, pied assis, piolet ramasse, piolet rampe, piolet panne, piolet poniard, piolet appui, piolet ancre. If there is adequate time, participants may practice piolet traction. Note: The amount of time spent on this curriculum will be determined by snow cover.
- The team will discuss summit strategies and may move camp up to a high camp. Probe for crevasses and set-up camp on the glacier.

Day 10

- On Day Ten the team will climb the Easton Glacier to the summit of the mountain and then descend back to Base Camp.
- Once the team is at Base Camp, they will take a long rest. After dinner, the guide will introduce the concept of Strategic Planning.

Day 11

- On the morning of Day Eleven, the team will go ice climbing for a second time. New ice skills may be introduced, including vertical ice climbing, ice climbing leadership, ice anchors, and overhung "extreme" ice climbing. Students will practice setting up top-ropes on ice climbs.
- At approximately noon, the team will return to camp, have lunch and then pack up.
- The team will hike out back to the car at the trailhead.
- That evening the team will go out to dinner at a restaurant.
- Following the restaurant, the team will go to a front-country campground. The campground will have showers so students have the ability to clean up after multiple days in the backcountry.

Day 12

- Students who are only participating in Part II will be dropped off at the American Alpine Institute headquarters in Bellingham. A staff member will then bring the student to the airport or the bus station and see that the student is appropriately taken care of before departing.

PART III - Alpine Climbing

Day 12

- An additional guide will join for the final, most technical part of the program, and the team will drive to the east side of the cascades.
- Students will have a day of rock climbing at Fun Rock, near Mazama, Washington.
- There, the group will review the following: top-rope set-ups, traditional gear placement and removal, traditional rock anchors, introduction to basic sport leadership, and rock climbing movement skills.
- Additionally, students will practice a baseline rock rescue skill. Students usually study either a knot pass or a belay escape.

- After climbing, the team will do another food buy for the following days and settle down at a front-country campground near the town of Mazama, Washington.

Days 13 through 16

- The following three days will be reserved for one-day alpine ascents in Washington Pass, about 20 miles from Mazama. Each of the routes takes between 8 and 12 hours car-to-car. The students will select the specific routes based on their interests. Options include route such as:
 - South Arete of South Early Winter Spire
 - North Face of Kangaroo Temple
 - Becky Route on Liberty Bell
 - Prime Rib of Goat Wall
- Students will continue to car camp at a front-country campground during this section of the program.
- Note: It is possible that the team will opt for another backcountry overnight during this section of the course to decrease the approach to an objective.

Day 16

- After their days of alpine climbing, the team will go out to dinner and return to a front-country campground near Bellingham, Washington, with access to showers for their final night.

Day 17

- After breakfast, the team will return to the AAI headquarters in Bellingham. From there, students will say their goodbyes and will be dropped off by a staff member or guide at the bus station or at the airport.

Depending on time and conditions additional course lectures may include the following:

- Mountain First Aid
- Mountain Weather
- Avalanche Awareness
- In-depth discussion of Leave No Trace principles
- Rock Rescue Techniques