



Alpine Institute

Denali Prep Itinerary



Rendezvous

There is a mandatory equipment check with the guides at **7AM on the first morning of the course at our headquarters at 4041 Home Rd, Bellingham, WA 98226**.

Itinerary

Day 1 • Bellingham, WA (69ft, 22m) •

We will take a few hours to discuss expedition-related gear and to check everyone's personal equipment and cold weather gear. Before leaving AAI's headquarters, we will establish a formal trip plan as a group and discuss things like time, mileage, camp locations, and general strategy for the coming days as a group would on an expedition climb.

Day 2 • Winter Skills Day •

Camp-fortifying techniques and building snow and/or block walls. On all Denali expeditions we use a group cook tent, which must be dug into the snow and set up at each camp as we work our way up the mountain. Being able to efficiently and effectively dig-in and reinforce camps on Denali is extremely important to the group's safety and success, and no detail is spared in covering these methods. Group camping and cooking etiquette are put into practice and camp duties will be assigned on a rotational basis.

Day 3 • Climbing Skills and Mountaineering Basics •

Snow skills and ice axe and crampon use. The snow conditions will dictate a lot of what is possible with regard to snow skills. The potentially deep and soft snow conditions can make skill practice difficult, as climbers tend to wade rather than climb in these conditions. If self-arrest and cramponing practice is not possible, we will cover more in-depth avalanche assessment scenarios.

Day 4 • Crevasse Rescue •

Crevasse rescue and group rescue scenarios. Crevasse rescue methods on Denali are often quite different than those on other mountains because of the unique nature and size of the rope teams and because of the heavy backpacks and sleds each member has in tow. We will practice scenarios for individual and group rescue as they relate to crevasse falls. We will plan on moving camp at least three times on this trip both to gain experience with establishing camp in different locations, and to put ourselves into better position for a summit attempt.

Day 5 • Training for Denali's Upper Mountain •

Fixed line and running belay practice. Moving efficiently through the portion of the West Buttress route protected by fixed lines and fixed protection is very important to maintaining the set schedule and maximize summit days on the upper mountain. We will spend the majority of this day practicing passing pickets and running protection, and ascending fixed lines as a rope team. As long as conditions warrant, we will move to a higher camp on this day in preparation for a summit attempt.

Day 6 • Summit Mount Baker (10,781ft, 3,286m) •

On the final day of the program, we may elect to climb a small nearby peak, or review material to ensure competency. Once we've completed either objective, we will make our way back to the parking lot and then back to Bellingham.