



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

CREVASSE RESCUE AND GLACIER TRAVEL COURSE

North Side of Mt. Shasta



General Description: This intensive Glacier Travel and Crevasse Rescue seminar will introduce climbers to all the techniques required for ice, snow, and glacier travel and crevasse rescue. From our base camp we will venture to the ice falls, crevasse's, and seracs of the lower Hotlum Glacier where we will spend two days learning roped team travel, ice axe self arrest, crampon techniques, technical ice climbing (front pointing), use and placement of anchors in snow and ice (pickets, bollards, flukes, ice screws), ascending fixed lines, crevasse rescue systems ('C' and 'Z' pulley), and glacial route finding. Join us for an information packed seminar on Mt. Shasta's north side glaciers.

Location: Mt. Shasta Wilderness Area, North or East Side Hotlum Glacier.

Itinerary: After meeting at 8:00 am on the first day at our Mt. Shasta office we will conduct a complete pack check and divide up the group gear. We will then carpool to the trailhead on Mt. Shasta's east side (Brewer Creek Trailhead at 7,200 feet) or Mt. Shasta's north side (Northgate Trailhead at 7,000 feet). From the trailhead we will ascend to our high camp at approximately 10,000 feet, with mini clinics along the way and instruction in ice axe and crampon use if needed to get to the high camp. We will spend a few hours after we make camp to review ice axe and crampon techniques. Day two will be spent either on the Hotlum Glacier or Chicago Glacier, practicing ice climbing, crevasse rescue systems, snow anchors, and glacial roped team travel. The morning of day three will be spent on the snowfield above base camp learning rescue techniques and doing any review before breaking camp and descending to the trailhead by late afternoon. **PLEASE NOTE** - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent on mountain conditions, group experience/expectations, and other factors we cannot anticipate.

Food: Group breakfast(s), dinner(s), and hot beverages are included. Please bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.

Level: Intermediate to Advanced. Participants should be **good to excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Recent snow climbing, rock climbing, or mountaineering experience is recommended but not required. Previous experience with ice axe and crampon techniques is required to participate in this course. Please call us if you have any questions about this. Our base camp will be between 9,500 – 10,400 feet. If you anticipate a problem with altitude sickness please call and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.



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Dates 2016: July 2-4 / *4th of July Weekend*/, July 9-11, August 5-7, September 3-5 / Labor Day Weekend/
September 23-25

Cost: \$675.00 (Guide to client ratio is 1:4. Group size limited to 8)

Includes: Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees. Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent either from SWS Mountain Guides (snowshoes) or locally (boots, crampons, and snowshoes). For more details about equipment please see our equipment list for this course.
course.

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