



Acadia Mountain Guides Climbing School



Maine's only AMGA accredited climbing school!

Information Packet For Mt. Washington 3-Day Mountaineering Intensive

Dates: February 20-22, 2010

Description: A day on Mount Washington can range from clear, windless skies, and balmy, thirty degrees temperatures to temperatures well below zero, hurricane force winds, and visibility so poor that you wonder where your nose is. This 3-day course takes you one step beyond trail hiking into the world above tree line of steep slopes, loose rock, snow, exposed areas and less than ideal weather. You will learn many principles of basic mountaineering and ice climbing, such as mental and physical preparation, route selection and navigation, use of crampons and ice axes, self arrest, basic ropework, and avalanche awareness and transceiver operation. The goal of this course is to provide you with the tools and knowledge to plan our summit attempt of Mt. Washington on Monday. We progress at a pace that is comfortable for everyone and move forward with as much information and practice as time and the environment allow for. This course requires you have a reasonable degree of fitness and that you are comfortable traveling in rough terrain (able to hike six to ten miles in a day with a 30 pound pack). Each day will require an early start in order to cover as much terrain as possible, and to summit on Monday.

Meeting Location and Time: We will meet on Saturday, February 20th, at the Frontside Grind coffee house, located at 2760 White Mountain Hwy, North Conway, NH. Please arrive at 7:00am, and note that punctuality is key to meeting objectives. A meeting time and location for Sunday, February 21st, will be determined on Saturday.

Lodging & Meals: It's difficult to enjoy any winter sport if you are cold. As important as it is to have appropriate gear, it is also important to have large quantities of good fuel for your body. For Saturday and Sunday, please bring a lunch that is easy to carry and prepare, e.g things that don't require heating or cooking. Pack foods that are high in sugar and/or fat. GU, M&M's, Slim Jims, Cliff Bars, and Snickers make great fast energy snacks in addition to lunches. We will provide dinner on Sunday evening and breakfast Monday morning.

You are responsible for your own lodging on Saturday night. There are many accommodations in North Conway from hostels to multi-star hotels. Alternatively, you can reserve a room at the Pinkham Notch visitor's center and lodge, from where we will head into the woods on Sunday. Sunday night will be spent camping in either lean-to or rustic shelter, so please be sure to have the appropriate gear to allow you to sleep comfortably.

Instructor(s): The scheduled instructor for this course is IFMGA guide Jon Tierney. You may find out more information about your guide at acadiamountainguides.com.

Fee: \$475.00 minimum 2 participants. Space is limited so register early. Contact Acadia Mountain Guides Climbing School, 92 Main St., Orono, 866-7562.

Transportation: Participants are responsible for travel - carpooling is suggested. Please arrive at the Frontside Grind in North Conway, NH by 7:00 a.m. on Saturday. If you are traveling from a distance, consider camping at Dolly Copp Campground on Route 16 or staying at a hostel the night before. Lodging is also available at Pinkham Notch through the AMC. We will go over your personal gear on Saturday morning one last time before heading uphill to Tuckerman Ravine.

Reservations and Cancellations: A 50% deposit is required for registration. Balance due three weeks (21 days) before the beginning of program. Fifty percent (50%) of deposit is refundable if cancellation is made more than 21 days in advance. Cancellations made within twenty-one (21) days of program forfeit full tuition rate. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course.

**Acadia Mountain Guides Climbing School. Visit us at Alpenglow Adventure Sports
92 Main Street • Orono • 207-866-7562 • climb@acadiamountainguides.com
AcadiaMountainGuides.com**

Risk and Rescue:

Enjoying the outdoors necessitates a certain degree of risk-taking. You are participating in this trip and entering the winter backcountry environment of Mount Washington at your own risk. Ultimately, it is your responsibility to minimize various hazards through the application of good judgment gained from a foundation of education and experience. Some of the hazards that can lead to injury associated with this trip include but are not limited to extreme cold, demanding physical travel, avalanche, vehicle transportation, skiing and camping. Please be sure that you are fully aware of such risks. Self-reliance in the face of adversity is expected on the part of the wilderness traveler entering the wilderness. Cellular phones and radios should not be relied upon in an emergency. While most risks cannot be completely eliminated, it is our goal to interpret the environmental, situational and group variables and to make educated decisions to minimize dangers to you while at the same time providing an enjoyable and memorable experience.

Personal Equipment Checklist

** = provided if need be * = rentals available

Please contact us ASAP for rentals and/or to ensure your size is available for provided gear

- Large, sturdy internal or external frame pack please leave enough empty space in your pack to accommodate a stuff sack of group gear about 12" x 18" in size.
- Day pack approximately 30-35L capacity
- Climbing double boot capable of crampon attachment **
- Collapsible ski poles, optional*
- High gaiters or super gaiters
- Waterproof mitten shells
- Insulating mittens and gloves
- Insulating wool blend socks
- Warm hat
- Expedition weight down or synthetic jacket
- Wicking inner wear top and bottom
- Waterproof / breathable jacket and pants with side zips
- Insulated, wide-mouthed, water bottle or thermos
- Avalanche transceiver **
- EVA 1/2" foam full length ground pad or Thermarest*
- Snowshoes in good condition*
- Warm fleece hat
- Sunscreen and lip balm
- Sunglasses with side protection or goggles
- Ski Goggles
- Thin wicking sock liners and / or vapor barrier sock
- Balaclava that covers entire head
- Mid - heavy weight insulating jacket or sweater
- Insulating pants with side zips
- Unbreakable bowl, insulated cup, spoon, personal toiletries
- Crampons / ice axe**
- Headlamp with fresh batteries
- 0 Degree sleeping bag*
- Climbing Helmet **

Equipment / Clothing Discount

As a climbing school client you receive a 10% lifetime discount on purchases from our on-line store AlpenglowGear.com and our retail locations – Alpenglow Adventure Sports. Stores are located in Orono, ME and Bar Harbor, ME (summer only).

You may also order by mail.

Further Questions: Please do not hesitate to call or email us.