



Adventures

4 Day - Mt Baker Climb

Trip Overview

*Program Starts: 9am at Stonewater Ranch
Or 12pm at Burlington YD*

Program Ends: 5pm at Burlington YD

Participant number: Min 6 / Max 9

Day 1:

- Get to know one another
- Issue equipment
- Drive to trailhead, Hike to Base camp

Day 2::

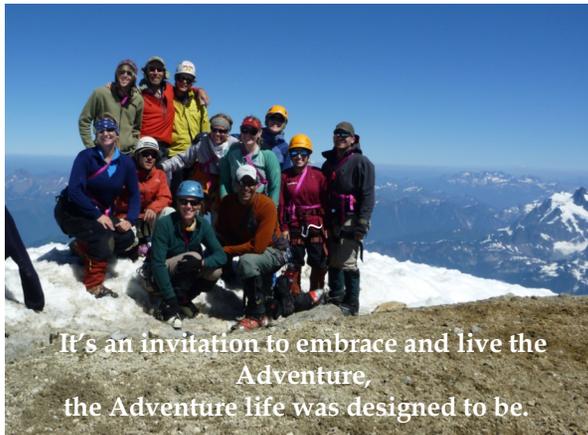
- Snow school and various other climbing techniques needed for the journey.
- Possible movement of camp

Day 3:

- Potential Summit day

Day 4:

- Break camp and hike out
- De-issue gear at Stonewater or Burlington
- Close out trip & head home



It's an invitation to unplug, **reflect**, and bring your life back into focus.

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Upon arrival in Burlington, you will meet the YD staff, issue packs and gear, participate in “icebreakers” and group building activities, and then drive to the Mt. Baker trailhead. After lunch, you will hike/climb approximately 4 miles (about 2,500 feet elevation gain) and set up camp alongside a spectacular glacier. Evening discussions focus on team building.

After breakfast and a short “quiet time”, you will continue your ascent up steep snowfields, stopping along the way for safety instruction. The afternoon glacier ascent to “advanced base camp” is exhilarating! After camp setup, evening discussions focus on preparations for the summit attempt.

Rising hours before sunrise, climbers strap on crampons, rope up, and ascend the long, steep slopes leading to the 10,778 foot volcanic summit. After a long physically and emotionally draining day, climbers arrive back in camp late in the day to warm sleeping bags and a well deserved nap. That evening and the next morning can be spent relaxing with your new friends or exploring crevasses and doing a little ice climbing.

Climbing Mt. Baker requires commitment and teamwork! (*NOTE: Mountaineering is a physically emotionally and mentally challenging activity requiring good health, strong knees and back, a good attitude and lots of perseverance.) You should expect to be challenged as you participate in this program! Get ready for an experience you will NEVER forget!!!



Packing List

- ◇ Medical Release Form (signed on both sides!)
- ◇ Over-the-Counter Medication Release form
- ◇ \$5/day for Trailpark Pass for vehicle parking
- ◇ \$ for food on the way home
- ◇ 2 pair heavy wool socks and polypro liner socks (no cotton)
- ◇ Shorts, lightweight, quick drying
- ◇ 3 pair underwear
- ◇ 2 cotton t-shirts, short or long sleeve
- ◇ Bathing suit (1-piece best under wetsuits)
- ◇ Wool/Synthetic hat that covers ears
- ◇ Hat with brim for sun protection
- ◇ Sunglasses & strap
- ◇ Headlamp
- ◇ Medium weight hiking boots
- ◇ Sneakers/camp shoes
- ◇ Small toiletry kit: toothbrush, small tube toothpaste, chapstick, SUNSCREEN, insect repellent

Items we provide

if you don't have them:

- ◇ 1 pair wool/fleece pants
- ◇ 1 warm wool/fleece sweater
- ◇ Polypropylene/Synthetic long underwear (top and bottom)
- ◇ Rain Jacket and pants
- ◇ Backpack ~5000 cubic inches
- ◇ Sleeping bag (synthetic material or mummy style bag. No flannel, down, or cotton sleeping bags)
- ◇ Sleeping pad (no open-cell foam)
- ◇ Sturdy plastic bowl, thermal cup, & spoon
- ◇ “Nalgene” style water bottle
- ◇ Bible, notebook, pen/pencil

Optional Equipment: camera/film, clean clothes for after trip, garbage bags

Do not bring:

- Drugs, alcohol, tobacco
- Cell phones! and other electronic devices