

American Alpine Institute^{Ltd.}

- Program Itinerary -

3 Day Mt. Baker Ascent

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Meeting Location: The offices of the American Alpine Institute in Bellingham, Washington.

Meeting Time: Unless an alternate meeting time has been arranged, you should plan on meeting your guide(s) and the equipment shop staff at AAI's office a few minutes before 7am on the first morning of your program.

Day 1 - After a brief meeting and introductions here at our office your instructor will take the first part of the morning to check over your equipment, finalize any rentals and purchases you may need for your program, and get packed up for the drive to the trail head.

-After arriving at the trail head (3700') we will shoulder packs and head for what will be our base camp. There are a few spots that we can use as a camp on this program and the elevation gain and total distance covered will vary based on which of these locations you and your guide choose. The hike in will cover between 3.5 and 4.5 miles and we will camp between 5400' and 6000'.

-The remainder of this day can be spent setting up camp, discussing the concepts of glacier travel, glaciation, mountain weather, geology, and talking about the schedule for the following days.

Day 2 - We get an early start and spend the day reviewing snow skills (ice axe and crampon use) glacier travel skills, rope work, and crevasse rescue on the glacier. This will be a full day of practicing with your hands on. Plan on going to sleep early in preparation for the next days climb.

Day 3 - Summit day! Weather and conditions permitting we get an alpine start (typically 1-3am) and head for the summit of Mt. Baker which is at 10,778'. Our goal is to reach the summit by day break so we can utilize snow conditions during the night and early morning and be heading down by the time the sun warms the slopes. After our summit bid we descend to camp, pack up and head back to the institute. We shoot for getting climbers back to town by about 5pm. This can vary a bit based on how the last day of the trip goes.