



**SWS Mountain Guides**  
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## **CREVASSE RESCUE AND GLACIER TRAVEL COURSE**

### **North Side of Mt. Shasta**



#### **General Description:**

This intensive glacial skills course was designed to introduce climbers to the techniques required for travel on glaciated terrain, and crevasse rescue techniques. Spend time on the Hotlum glacier surrounded by ice falls, crevasses, and the large seracs found on the lower glacier. You'll learn and practice skills on roped team travel, ice axe self-belay and arrest, multiple crampon techniques. We'll also learn how to use and place different anchors in snow and ice (pickets, bollards, flukes, ice screws), ascending fixed lines, and crevasse rescue systems ('C' and 'Z' pulley systems). Discussions are had on glacial route finding, and best practices for rope teams while climbing glaciated terrain.

**Location:** Mt. Shasta, CA

#### **Sample Itinerary:**

**Day 1:** We'll meet at 8:00 am on the first day at our Mt. Shasta office. Your guide will conduct a complete pack check with you and divide up the group gear. From here we will drive to the trailhead on Mt. Shasta's east side (Brewer Creek trailhead at 7,200 feet) or the north side (Northgate trailhead at 7,000 feet). We will begin our approach through sections of forested lane that soon thin out as we ascend to our high camp at approximately 10,000 feet. Enjoy breaks along the way with mini-clinics and instruction in ice axe and crampon use if needed to get to the high camp. Once at our camp location, we'll get things set up and spend time reviewing additional ice axe and crampon techniques.



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**Day 2:** An early wake-up today, but not too early. We will have breakfast and discuss what is in store for the day. Your guide will prepare you with what to pack, and a general itinerary for the day. No worries though, you'll have plenty of time for a second cup of coffee before heading out to the glacier today. Spend time enjoying the incredible features of the Hotlum Glacier or Chicago Glacier practicing ice climbing, crevasse rescue systems, snow anchors, and glacial roped team travel.

**Day 3:** The morning will be spent on the snowfield above base camp learning rescue techniques and completing any review before breaking down 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 depends on mountain conditions/weather, group fitness/experience/expectations, and other factors we cannot anticipate.

**Includes:** Breakfasts & dinners while on the mountain, ice axe, helmet, harness, group equipment (ropes, ice screws, pickets, and safety equipment), tents, stoves, and all wilderness permits & fees.

**Maximum Group Size:** 8 Guests (Max guide to guest ratio is 1:4)

**Experience Level:** Previous Ice axe and crampon experience is required. Recent snow climbing, rock climbing, or mountaineering experience is recommended but not required.

**Physical Conditioning Requirements: Participants should be good to excellent physical condition.** Backpacks generally weigh between 40 to 65 pounds. Our camp location will be between 9,500 – 10,400 ft elevation. If you're concerned about altitude sickness, please call or email us! We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

**Getting Here and Away:** The Sacramento Airport (SMF) and Medford International Airport (MFR) are great jumping off points.

**Where to Stay:** Mt. Shasta is a great mountain town with several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

**Food:** Breakfasts, dinners, and hot beverages are provided while on the mountain. We will have a variety of options available, however, we cannot guarantee specific choices of flavors of meals. If you have a favorite breakfast or dinner that only requires hot water, we encourage you to bring it. Make sure to bring your own favorite, high-calorie, high-carbohydrate lunches and snacks.

Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.

Note: you will need approximately 200-300 calories per hour (7-9 hours on summit day alone).