

# Mt. Hood

*Details below provided by Timberline Mountain Guides*

Elevation: 11,237 feet

Guide Service: Timberline Mountain Guides (TMG)

Minimum Fundraising Total: \$3,500.00

## **Overview**

Located at the northern end of the Oregon Cascades, Mt. Hood is the tallest peak in Oregon. With 11 glaciers carving paths down its steep slopes, this Oregon volcano's beauty has been sculpted over thousands of years. Experienced guides from TMG have assembled the perfect itinerary for you to experience an enjoyable climb of Mt. Hood. This climb is an excellent first climb for those who are new to mountaineering. The first day of your adventure is devoted to practice sessions on the mountain; you will have time to thoroughly learn the skills you will need for a successful and safe climb on day two.

## **Climbing skill level**

This climb is open to any physically fit, enthusiastic novice, beginner or advanced beginner. One day of training is included in the climb.

## **Physical conditioning: 35+ pound pack**

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. Climbers must be able to carry an average of 35 pounds or more. We encourage you to contact TMG so that they can assist you in developing a training program that meets your particular needs. For reference, please visit TMG's web page on [Trip Preparation](#).



# Mt. Hood Climb Itinerary

*Details below provided by TMG*

**Day 1:** Meet at 8 a.m. at Timberline Mountain Guides Office in the Wy'East Day Lodge.

**Please arrive wearing your climbing clothing, and dressed to go outside.** After meeting your group and your guide, you can expect to spend a few minutes sorting and issuing rental gear, fitting boots and crampons, and going through logistics for the climb. If after reviewing the [Mt. Hood Equipment List](#), you still have questions about what to wear or bring on the climb, this is the time to ask, so please bring all of your gear with you. During this session, your guide will brief you on the current mountain and route conditions, weather, and the schedule for the rest of the climb.

Once everyone in your group has all the gear they need and all of the pre-climb logistics have been sorted, you'll head out to begin the Steep Snow Climbing Course. Usually this involves just a short hike from the lodge, but you'll want to come prepared for a day out on the snow. If the weather is fair, you often won't need to bring all of the layers you're planning on climbing in, but you will need waterproof shells, gloves, food, water and all of the technical climbing equipment for the climb. Please arrive at the office prepared for the day's weather.

This course usually takes until early afternoon, and covers everything you'll need to know to climb the mountain. Topics include footwork in mountain boots, crampon and ice axe techniques, rope systems, and self-arrest.

## **Snow School Climbing Pack:**

- Small to medium size day pack (rentals available)
- Trekking poles (rentals available)
- Crampons (rentals available)
- Ice axe (rentals available)
- Climbing helmet (provided)
- Climbing harness and locking carabiner (provided)
- Clothing suited to the day's weather
- Food (lunch & snacks)
- Plenty of fluids - water and/or Gatorade (You're hydrating for the climb.)
- Sunglasses, Sunscreen & lip block
- First Aid supplies (optional)
- Camera (optional)



You will be staying in Silcox Hut, similar to staying in a bunkhouse. The Hut has a shower, toilets and sinks. Pillows, bedding and towels are provided. Overnight bag is transported to the Hut on a snow-cat. Please mark all bags with your name and phone number. Snow-cats will transport climbers to the hut at the end of the snow school. Have your overnight gear packed separately in a duffel bag or large pack.

**Overnight pack:**

- Clothing for hanging out
- Extra climbing clothes for the climb that you didn't need for class
- Toiletries (there is even power for a hair dryer or razor)
- Shoes
- Dry clothing to replace some of the wet gear that may not dry out in time for the climb (i.e. socks, gloves, rain gear, and hat). Most synthetic gear will dry.
- Head lamp
- Additional food for climb
- Wide-mouth water bottles (plan on two to three liters of water)

After snow school, you will depart for Silcox Hut. Dinner and breakfast will be provided at the hut, along with plenty of beverages. Dinner will be served at approximately 6 p.m. You can then turn in early. Your guides will wake you up at approximately midnight for breakfast. You will start your climb from the top of the Palmer Lift. (A snow-cat will transport you to this starting point.)

**Day 2:** Summit day. After reaching the summit by 7 or 8 a.m., you'll descend to Timberline Lodge. You will have access to the showers and hot tub at Timberline Lodge. Consider bringing another set of clean clothes for after the climb. Lodge will supply towels.

**Special Notes:**

- Lodging is provided on Saturday night at Silcox Hut, which is 1,000 feet above Timberline Lodge.
- Lodging for Friday night or Sunday night is not provided. Please make reservations early for Timberline Lodge if you intend to stay there Friday night; it books up early.
- You need to bring your own lunch for Saturday and snacks.
- Transportation to Timberline is not provided.





## EQUIPMENT LIST FOR OREGON CASCADES CLIMBS

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The Oregon Cascades can be a wild place even in mid-summer. Some days can be clear and friendly and find us climbing in only a few layers, while others can be stormy and cold with every type of precipitation falling in abundance. Even on a clear day, high winds are not uncommon. Weather in the mountains can change quickly and temperature fluctuations can be considerable. Nighttime lows can drop well below freezing while daytime highs climb into the seventies even on the glaciers.

Regardless of the weather, our climbs happen a world away from the comforts of home, and in a backcountry environment. As a result, we want all of our clothing and gear to be light, versatile, and carefully considered. We want our gear to perform in fair weather or foul, and be adequate to the task while being light enough to allow us to enjoy the climb without being bogged down by a heavy or cumbersome pack or by the wrong clothing or gear.

While each specific objective can require a slight adjustment in our kit, these are the basics of what we want to have available to us. Most of our climbs will involve climbing in boots and crampons and will also all involve a mix of snow, ice and maybe even rock or scree. Regardless, our systems are going to be similar for everything. On all of our climbs we're going to want to put together an action suit – a combination of clothing that will keep us comfortable but not sweaty when we're moving – and to have enough insulation to keep us warm when we're not. Whatever the case, having well-fitting, high-quality gear will undoubtedly lead to a more enjoyable trip.

We have selected these items with great care to give everyone the best chance of staying warm, dry, and happy. Please call or email us if you have any questions. We're here to help.

For course days that meet at our Mountain Office in Timberline's Wy'East Day Lodge, you can generally dress down if the weather is good when you arrive, but be sure to bring in all of your gear if you have questions for your guide.

**Please make sure you bring all of the items on this equipment list!**



## Equipment List

### CLOTHING

***\*In most cases, cotton is to be avoided at all costs. While synthetic or woolen garments will provide warmth when wet, cotton will not. Because of that, we ask that you do not plan on wearing any cotton while on your climb.***

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- ☐ **Underwear (wool or synthetic):** *Boxers, briefs, sports bras, etc. No cotton!*
- ☐ **Light or mediumweight long underwear top (wool or synthetic):** *It's a good idea to bring both medium and lightweight tops, and to make the decision the night before the climb depending on temperature and conditions. Patagonia Capilene 2 and 3 are good examples.*
- ☐ **Medium or heavyweight long underwear bottom (wool or synthetic):** *Warmer long underwear will help keep your feet warm, and while we often have many layers on our torsos, you may only have long underwear and climbing pants on your lower body.*
- ☐ **Lightweight short sleeve top:** *For warm days low on the mountain, having a quick-dry short-sleeve top or t-shirt can be far more comfortable than sweating it out in long sleeves.*
- ☐ **Lightweight fleece or insulating layer:** *Fleece vests, light fleece jackets, and lightly insulated pullovers all work well. Something warm, yet not so warm you'll sweat your butt off. Heavy fleece jackets are generally too heavy.*
- ☐ **Softshell jacket or windshirt:** *A softshell jacket can also serve as a midlayer, but is even more useful as it can also be worn as a shell in less extreme conditions. These light, breathable jackets will repel snow or light precipitation and are far more breathable than their waterproof brethren. Patagonia Guide, Houdini and Traverse jackets are great examples.*
- ☐ **Softshell pants:** *These wind and water resistant pants work well on class days or during climbs in fairer weather. Patagonia Guide Pants are a good example.*
- ☐ **Waterproof/breathable (Gore-tex or equivalent) pants or bibs:** *Every outdoor clothing manufacturer makes these, but be sure it says "waterproof and breathable". Water-resistant is not adequate and it must be breathable or you'll overheat and get cold due to dampness from sweat. These are our hard shells when the weather gets windy and/or wet.*
- ☐ **Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood:** *The jacket version. Every outdoor clothing manufacturer makes these, but be sure it says "waterproof and breathable". Water-resistant is not adequate and it must be breathable or you'll overheat and get cold due to dampness from sweat. These are our hard shells when the weather gets windy and/or wet.*
- ☐ **Down or synthetic insulated parka:** ***\*This is extremely important and is in addition to the fleece and waterproof/breathable shell. You will not be able to climb if you do not arrive with an adequate***



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**parka.\*** It should be large enough to fit over your other clothes including the shell jacket and will be worn at rest breaks, the summit, and around camp on overnight climbs. Synthetic fill is less expensive and will still keep you warm even when wet. The Patagonia DAS Parka or Fitz Roy Down Jacket are good examples.

☐ **Socks (synthetic or wool):** In general, climbing boots are pretty warm, so something comfortable that wicks moisture is more important than ultimate warmth. Some climbers find the combination of a liner sock and a mediumweight sock to be useful in preventing blisters.

☐ **Heavyweight waterproof gloves or mittens:** Make sure these are quite warm. A good pair of gloves is better than mittens as they have more dexterity, but they do need to be warm. It can get extremely cold on the upper mountain, and if your hands don't work, you can't climb. Black Diamond Guide and Soloist Gloves are great examples.

☐ **Mediumweight pair of gloves:** Wear these on the lower part of the climb or during periods of warmer weather. A second pair for overnight programs is also good in case the first pair gets wet. Softshell gloves in varying weights work well. Black Diamond Arc or Impulse Gloves are good examples.

☐ **Warm hat:** Wool or synthetic. This hat must come down over the ears but be low-profile enough to fit under a helmet so try to avoid any balls, tassles, or adornments.

☐ **Buff, neck gaiter, or balaclava:** It can be important to have something to cover your face in the event that there is some blowing snow or ice. Buffs are also great sun protection for warmer days on the snowfields.

☐ **Sun visor or ball cap:** For protection from the sun on warm days. Cotton allowed! It's just a baseball cap.

☐ **Gaiters:** These need to be big enough to go over the top of big climbing boots and keep snow out. Low gaiters like the Black Diamond Cirque and Talus gaiters work well without getting in the way.

## PERSONAL GEAR

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☐ **Lunch and snacks for each day:** Bring a variety of stuff that's easy to eat on the go. Bagels, cheese, salami, dried fruit, gorp, even Power Bars are good choices. Make sure to bring food that you'll actually want to eat.

☐ **Water, Two 1L (32oz) bottles:** Most climbers find two liters of water to be adequate for a Mt. Hood climb. A Camelbak or hydration bladder can also work but you'll need to bring at least one extra bottle in case the hose freezes. Nalgene bottles are the standard but Gatorade or other sports drink bottles also work great as long as they can seal tightly.

☐ **Water bottle parkas (optional):** Insulated sleeves for your water bottles will make staying hydrated easier on cold days. OR Water Bottle Parka or equivalent.



- **Sunglasses or glacier glasses:** *These should be either glacier glasses with side shields or be close fitting enough that too much reflected light doesn't come in from the sides. Sunglasses should be high quality and dark.*
- **Ski goggles:** *You really do need both glasses and goggles. In good weather the goggles will be too warm and uncomfortable and in stormy weather the glasses will not provide adequate eye protection. You must have some eye protection any time the sun is up, even if it's cloudy as the UV rays will burn your eyes and can cause permanent damage.*
- **Sun block (SPF 30 or more):** *The higher the SPF, the better. Apply at least every 2 hours when the sun is up. It's extremely easy to burn at higher altitudes.*
- **Lip balm (SPF 15 or more):** *Any lip balm with SPF 15 or more will work.*
- **Toilet paper:** *Just a little, just in case.*
- **Headlamp:** *We will be starting the climbs during the night so you'll need a headlamp to see. The new LED lamps are super light, get fantastic battery life and you don't need a spare bulb. Make sure to start the climb with fresh batteries. Black Diamond Spot and Cosmos are great examples.*
- **Ski or trekking poles (available to rent from TMG for Mt.. Hood Based Programs):** *Collapsible ski or trekking poles are indispensable for easy mountain travel on rough terrain. Black Diamond poles with the Flicklock work the best in adverse conditions. The Black Diamond Traverse and Syncline poles are great examples.*
- **Camera (optional):** *One charge should last you for the duration of the trip.*

## TECHNICAL CLIMBING GEAR

***\*These are the items that you will be expected to bring or arrange to rent. Timberline Mountain Guides will provide ropes, carabiners and protection as per objective.***

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***All rental gear must be requested no less than 7 days in advance!***

- **Mountaineering boots (available to rent from TMG for Mt.. Hood based programs only):** *These must be stiff, climbing-specific boots, preferably with some insulation for our climbs of Mt. Hood, Mt. Jefferson and other technical snow climbs in the Cascades. Hiking boots are neither stiff enough nor warm enough for the steeper terrain that we climb on the more technical climbs in Oregon, Washington and California. However, for climbs of South and Middle Sister, a stiff hiking boot that is waterproof will work just fine. For Alpine Rock Climbs on Mt. Washington and Three Fingered Jack, lightweight hiking boots, or sticky approach shoes are a good choice in concert with technical rock shoes, depending on the route. The La Sportiva Nepal Evo is a good example of an appropriate leather boot, while the La Sportiva Spantik or the Scarpa Omega are good examples of plastic double shell boots. If in doubt about your footwear, please call or email our office with questions.*



□ **Crampons (available to rent from TMG for Mt.. Hood Based Programs):** *These should be a hinged, 12-point, steel, alpine model rather than a rigid ice climbing crampon. A ten or a fourteen point model can also work as long as they fit your boots, but aluminum crampons are not appropriate as they can't stand up to the abuse of climbing on Mt.. Hood. Black Diamond Sabretooth or Serac Crampons are ideal.*

□ **Ice axe (50 to 65cm long) (available to rent from TMG for Mt.. Hood Based Programs):** *If you have your own ice axe and it is a modern axe in good condition, you are of course welcome to use it instead of ours. All of the climbs that we guide are steep enough that we recommend an axe between 50 and 65cm, depending on your height. A second ice climbing tool can be handy on steeper routes such as Leuthold's Couloir, Reid Headwall, Cooper Spur or the Sunshine Route. The Black Diamond Raven, Raven Pro and Venom are great examples.*

□ **Climbing pack for one-day courses and climbs (available to rent from TMG for Mt.. Hood Based Programs):** *Your pack should have ice axe and crampon attachments, should be a tall, thin profile, and be no larger than 40 liters in capacity. Look for a simple, light pack and one that fits you well. Stay away from wide, large packs, and book bag style packs. Black Diamond Speed 30 and Epic 35 are ideal.*

□ **Climbing harness (provided upon request):** *If you have your own harness and it is a modern climbing harness in good condition, you are of course welcome to use it instead of ours. Harnesses should be able to fit over layers and be comfortable under a pack. Black Diamond's Couloir is ideal.*

□ **Helmet (provided upon request):** *If you have your own helmet and it is a modern climbing helmet in good condition, you are of course welcome to use it instead of ours. The Black Diamond Half Dome and Tracer are great examples.*

