

Mt. Adams

Details below provided by Timberline Mountain Guides

Elevation: 12,276 feet

Guide Service: Timberline Mountain Guides

Fundraising minimum: \$3,500.00 USD

CLIMB OVERVIEW

From Wikipedia: "Mt. Adams, the 2nd highest mountain in Washington Adams is a member of the Cascade. Volcanic Arc and is one of the arc's largest volcanoes, as well as a glaciated dormant volcano. The four active glaciers of Mt. Adams cover an area exceeding 6 square miles. Mt. Adams has a volume of 85 cubic miles, placing it second only to Mount Shasta in that category among the Cascade stratovolcanoes. The altitude and use of ice axe & crampons make this climb a great prep climb for the steeper and higher Mt. Rainier to the North."

CLIMBING SKILL LEVEL & PHYSICAL CONDITIONING

This climb is open to any physically fit enthusiastic novice, beginner or advanced beginner. Prior experience with backpacking and camping is highly recommended. Climbers will be expected to train with and carry a 55 lb pack (approximately).

TENTS EQUIPMENT & MEALS

Provided: All group equipment: breakfast, dinner, and tents.

Not provided: Personal equipment & lunch/snack food. You are responsible for all items on the gear list. Transportation is not provided for this climb. Climbers will need to provide transportation to the trailhead.

Note: If you are a beginning climber, we strongly advise renting as much gear as possible. Specialty outdoor equipment can be quite expensive. Alpine Ascents and other local retailers provide quality rental equipment at reasonable prices. Other personal items are available through local outdoor stores.



MT. ADAMS CLIMB ITINERARY

Day Before the Climb

We'll have a mandatory gear check at 10:00 a.m. at the Alpine Ascents office in Seattle. This will ensure that everyone is fully equipped and prepared to depart the next morning. Rental gear is fitted and packed at this time. Duration: Approximately 1.5 hours. The drive from the Alpine Ascents office to our meeting location the following day is approximately four hours.

Day 1

We'll meet at 7:30 a.m. at the Inn of White Salmon in White Salmon, WA. Next we'll drive to the Cold Springs trail head and begin our approach. Approximately five hours will be spent on the moderately strenuous approach, as we begin our hike from 5,600 feet in the forest. Our climb will take us through forest, high alpine meadows and seasonal snow-covered regions to High Camp, which is spectacularly situated at Lunch Counter, (9,250 feet). From this spot, climbers can view stunning Mt. Hood to the south, and the sunset to the west. On this day we cover basic snow skills, use of ice axe, self-arrest, and walking/climbing in crampons on snow.

Day 2

Summit day. To ensure safety and optimum traveling conditions, we'll begin the climb early to reach the summit around dawn. Our route takes us to 12,276 feet, where we'll reach the true summit of Mt. Adams. We'll take photos of Mt. Rainer, as well as the other volcanoes visible from Adams' summit, such as Mt. St. Helens and Mt. Hood. At a moderate pace, the summit climb should take four to six hours. On our way down, should conditions warrant, we'll have the opportunity to glissade and this can be one of the most enjoyable aspects of the descent back to High Camp. At High Camp, we'll pack up our belongings and head down to the trailhead, then either overnight in Trout Lake or drive back to Seattle.

MT. ADAMS CLIMB GEAR LIST

Climbing Equipment

Ice Axe. A general mountaineering ice axe. Size according to height; under 5'2" use a 50 cm axe, 5'3" to 5'5" use a 55 cm axe, 5'6" to 5'9" use a 60 cm axe, 5'10" to 6'0" use a 65 cm axe, above 6'0" use a 70 cm axe. Note that wrist leashes should be removed from your axe; call the Gear Department if you would like to talk further about axe leashes.

Crampons. General mountaineering crampons. We recommend modern steel 12-point crampons with anti-balling plates. Please do **not** bring 10-point, aluminum, or single-piece rigid crampons. If you have questions about the suitability of your crampons for your trip, call or email the Gear Department.

Trekking poles. Collapsible skiing/trekking poles with snow baskets. Three-section varieties are preferred.



Footwear

Single mountaineering boots. Crampon-compatible, full-shank leather or synthetic mountaineering boots.

Gaiters. Please make sure your gaiters fit around the plastic boots without being too tight around the boot. No lightweight hiking gaiters.

Hiking Socks. Three pairs of midweight to heavyweight hiking socks. Wool and synthetic materials only. Newer socks offer increased loft, warmth, and padding than older socks. These must fit comfortably over your liner socks if you choose to use liner socks.

Light Hiking Boots or Trekking Shoes. For any approaches across dry trail. Light weight, high comfort, plenty of room in the toe box, and good support should be stressed here.

Technical Clothing

Short Underwear. Two to three pairs. Synthetic or wool fabrics only - no cotton! Bring comfortable athletic styles based on your needs and preferences (e.g., boxers, briefs, sports bras).

Base layer Bottom. Non-cotton base layer bottoms that should fit snugly without constriction. We recommend lighter weight base layers rather than heavier fleece-type layers. Wool, wool blend, polyester, or other synthetic fabrics all work well. Be sure your base layer pants are not constructed from cotton.

Base layer Top. One long-sleeved base layer top. Your base layer must be constructed of a non-cotton material such as merino wool or polyester. Note that light-colored hooded base layers are strongly recommended for sun protection, and are worn by guides throughout most climbs.

Soft Shell Jacket. This breathable but wind-and-weather resistant jacket is a key part of a mountaineering layering system. We recommend a hooded model. This layer must fit well over your mid layer top and base layer top.

Soft Shell Pants. Stretchy, comfortable, non-insulated softshell pants that should fit comfortably with or without your base layer bottoms. Please note that "zip-off"-style trekking pants are too light to be considered softshell pants.

Mid layer Top. A midweight, form-fitting, lightweight fleece layer for use over base layers. Hoods are optional but recommended. Grid fleeces generally provide the best warmth-to-weight ratio. Note that very light puffy jackets can also suffice as a mid layer.

Hard Shell Jacket. A non-insulated, fully waterproof shell jacket with a hood. Must fit comfortably over your base layer, mid layer, and softshell. Helmet-compatible hoods are required.

Insulated Synthetic Hooded Jacket. A synthetic insulated, hooded jacket sized to fit comfortably over your base layer and mid layer.

Hard Shell Pants. Non-insulated, fully waterproof shell pants that must fit comfortably over your base layer bottoms and softshell pants. **Full-length separating size zippers are generally required;** occasionally, 7/8th zippers (extending from the cuff of the pant to the upper hip) can suffice but are strongly advised against.

Handwear

Lightweight Liner Gloves. Very lightweight wool or synthetic liner gloves that offer a snug, comfortable fit. Lighter colors absorb less sunlight while still offering UV protection. Black or dark-color gloves are also acceptable.

Softshell Gloves. Midweight, lightly insulated gloves for use when mittens are too warm and liner gloves are not warm enough. Leather-palm construction is always ideal for the sake of durability.

Insulated Mittens. Waterproof shell mittens with insulating liners. We recommend that your liner gloves can fit inside the mitten system as well.

Headwear

Wool/Synthetic Ski Hat. A non-cotton wool or synthetic hat that covers the head and ears comfortably.

Buff. A must-have for all outdoor activities, the UV Buff is a versatile replacement for the bandana and serves a multitude of purposes.

Sun hat. Any style of lightweight hat for shading the head will work well. Baseball caps and sombrero-style sun hats are the most common.

Glacier glasses. High-quality glacier glasses offering full coverage around both eyes and across the nose. Removable side-shields are not required provided eye coverage is sufficient.

Headlamp. A modern outdoor LED headlamp offering 200-300 lumens of output. Freshly installed batteries plus spare batteries. Weather-resistant models are strongly preferred.

Personal Equipment

Expedition Backpack. An expandable expedition climbing backpack with approximately 65 -75-liters of carrying capacity. Keep it simple and lightweight. Climbing-specific designs are recommended.

20 Degree Fahrenheit Sleeping Bag. Whether filled with down or synthetic insulation, this bag must be rated to 20-degrees Fahrenheit and feature a collared hood for warmth. Be sure to include a compression stuff sack.

Inflatable Sleeping pad. A full-length, modern inflatable sleeping pad is recommended. Older-style three-quarter length pads have been superseded by ultralight full-length pads. We recommend bringing a valve repair/body patch kit.

Foam pad. This pad should be either 3/4 or body length. Cut pieces of closed cell foam or industrially-crafted pads are both acceptable.

Mug. One insulated outdoor-style mug with a removable lid. Your mug should retain heat well and be spill resistant. Models with 12-20 oz capacity generally work best.

Spoon: One durable hard plastic or anodized metal spoon. Longer spoon stems can be helpful for eating while wearing gloves.

Bowl. One two-cup capacity packable bowl. Models with a lid (like a Tupperware) work well, as do lidless bowls and flatter "deep plate" models. Collapsible models can suffice, but they must be handled very carefully to avoid unintended collapsing.

Knife. Medium-sized. Keep it simple and light.



Water Bottles. Two to three one-liter capacity bottles. Bottles should be wide mouth made of co-polyester (BPA free plastic). No water bag or bladder systems (they freeze or are hard to fill) and no metal bottles (they have a tendency to freeze).

Small personal first-aid kit. Basic medical supplies in a compact package. We recommend basic painkillers, Moleskin, first-aid tape, Band-Aids, and anti-septic wipes or gel.

Sunscreen. One to two ounces of SPF 30+ sunscreen. Varieties with zinc-oxide are more protective! One ounce is typically sufficient per week, but several small tubes can offer insurance against lost or exploded tubes. Sunscreen loses SPF rating over time; we strongly recommend brand-new sunscreen.

Lip screen. Several tubes of SPF 30+ lip screen. As with sunscreen, be sure your lip screen is new.

Water Purification tablets. One set of chemical water treatment drops or tablets. We recommend AquaMira. Be sure to purchase the style designed for treating one liter at a time. Lightweight Steri-Pens with extra batteries can suffice. Be sure your system will be sufficient for the entire duration of your trip- some packages of tablets treat only a very small amount of water! As a general guideline, allow for four to six liters of water per day when treating water is necessary.

Toiletry bag. Include **toilet paper** (stored in a plastic bag), hand sanitizer, toothbrush, toothpaste, floss, and wet wipes. Choose a quantity appropriate for the length of your trip, and call the Gear Department with any questions about these items.

Trash Compactor bags. Three heavy plastic garbage bags for use as waterproof pack/stuff sack liners. Trash compactor or contractor bags are made from a heavier plastic and stand up well to prolonged mountain use. Alternatively, a reusable waterproof pack liner can be used provided it completely fills the inside of your pack.

Camera gear. Optional. Small point-and-shoot cameras (including compact SLR's) are ideal & work well at altitude. Alternatively, many opt to use a smartphone camera. Due to weight & care in the mountain environment, large SLR cameras are discouraged.

Food. Please review the food and water information available in your Climber Information Packet. A close reading of this information is important towards a smooth trip. We recommend taking plenty of time consider this information. Please contact the Gear Department with any food-related questions.

Traveling

Travel Clothes. Clean 'town' clothing is recommended for use traveling as well as pre-and-post trip. We recommend bringing a comfortable variety of clothing for peace of mind, including some t-shirts.

Large duffle bag. For traveling to your start location, a large soft-sided duffel is recommended. Purchase a travel lock for peace of mind. Do not bring wheeled nor hard-sided models.