



NATIONAL OUTDOOR LEADERSHIP SCHOOL
MT. RAINIER EXPEDITION
JULY 22 – 26, 2012

Features Of The Climb

- 5 days/4 nights in the mountains
- Glacier travel and snow mountaineering
- Elevations up to 14,410 ft. (4,392 meters)
- Group Size: up to 9 participants /3 Instructors
- Attempt to summit Mt. Rainier
- Average Pack Weight: 40% of body weight

Cost: \$1625

Minimum Age: 18

The Expedition

Mount Rainier (14,410') covers 35 square miles of ice and glaciers making it one of the most extensive snow/ice mountaineering training grounds in the North Cascades.

This expedition spends five days traveling and climbing on Mt. Rainier. You'll work hard moving over steep terrain with your gear on your back, but the stunning scenery will be your reward. You will also learn the skills needed to live and travel safely in a high-altitude mountain environment. If all goes well, we'll attempt the summit on the trip's fourth day.

Your training starts with the basics and novice mountaineers are welcome. We'll start by helping you select your equipment and pack your pack. We'll progress through basic living and travel skills on our way to learning the climbing skills needed to negotiate glaciated terrain and attempt the summit.

Weather and Other Challenges:

Mountaineering in the Pacific Northwest is a challenging and rewarding endeavor. You will travel off-trail, mostly above timberline, over steep slopes of vegetation, snow, rock, and ice. You will negotiate glaciers with crevasses and icefalls, and walk on loose, shifting boulders. Some of the travel is on steep terrain requiring precise movement. Carrying a backpack over steep terrain can be challenging and hard on your body if you are not used to this type of travel.

You'll be miles away from the amenities of civilization. Telephones, ambulances, and hospitals may be a day or more away. Identifying and managing mountain hazards—falling rock, weather, moving water and steep terrain—risks that could result in injury or death—will be a constant theme in our instruction. Mountain weather is fickle. On any given day, temperatures may range from below freezing to T-shirt conditions. Snowfall is possible.

Teamwork on the Expedition:

Expect a NOLS course environment where individuals work together towards expedition goals. We'll share in chores, learn and perform skills, and work as a team as we hike, camp and climb our way up the mountain. The best expedition members have positive attitudes, apply new skills and ideas at the first opportunity and come motivated to work hard with people they have never met before. They care about others, make the welfare of the group equal to their own, and understand that an expedition succeeds when all its members complete each day safely. The trip will feel more like a mini-NOLS course than a guided expedition.

Planned Itinerary

July 21	Travel to Mt Vernon, Washington. Arrive in the early evening for an orientation meeting at the Best Western/Cotton Tree in at 7:30 p.m.
July 22	6:30 a.m. Pick up from hotel by NOLS– drive to NOLS base, eat breakfast, check and issue equipment, learn fixed rope ascension, pack and drive to trailhead (4,300'). Afternoon – hike 3 miles to Glacier Basin (4,700').
July 23	Hike to Camp Schurman (9,500'). Learn basic mountaineering skills.
July 24	Stay at camp Schurman, acclimatize, learn more skills.
July 25	Summit day, return to Camp Schurman.
July 26	Descend to trailhead, transport to airport hotel. Deissue gear, shower, and enjoy a few hours of downtime before a no-host dinner in town with expedition-mates. Plan on flying on July 27 at the earliest.

Travel & Logistics:

You are responsible for making your own hotel reservations for the nights of **July 21 at the Best Western/Cotton Tree Inn** located in Mt. Vernon, Washington and **July 26 at the Radisson Hotel Gateway Seattle-Tacoma Airport**. NOLS rates have been arranged at the **Cotton tree Inn** so mention the school when making reservations.

Best Western/Cotton Tree Inn

2300 Market Place
Mount Vernon, WA 98273
(360)428-5678

Radisson Hotel Gateway Seattle-Tacoma Airport

18118 International Blvd
Seattle, WA 98188
(800) 333-3333

Airport Shuttle to Mt. Vernon:

BellAir Airporter Shuttle (866-235-5247) offers van service from Seattle-Tacoma Airport to the Cotton Tree Inn in Mount Vernon for about \$30 one way. Reservations are necessary.

See: <http://www.airporter.com/shuttle> for reservations and detailed schedules. **The last northbound shuttle that arrives in time for orientation departs SeaTac at 5:00 p.m.**

Return to SeaTac:

The Radisson has a 24-hour airport shuttle and is minutes from SeaTac.

Driving:

Vehicles are best stored at the NOLS outfitting facility. Since we will not return to the NOLS base it will be difficult for you to retrieve a vehicle on July 26. If your transportation plans have you driving and not utilizing the shuttle we will not be able to get back to the NOLS base to pick up your vehicle until the morning of July 27.

First Day to the Last Day:

The first day of the expedition will be busy. All phone calls and personal matters should be attended to the evening before. From the meeting location in Mount Vernon we will drive to our headquarters in Conway for breakfast, followed by a morning and afternoon of getting acquainted, checking personal gear, issuing NOLS equipment and finally packing up for the drive to Rainier.

On the last day, July 26, we'll hike to the road head, drive to our hotel near the airport, deissue equipment, and then check in for showers and a little time to unwind. After getting cleaned up we'll have an opportunity for one last dinner together. Please don't set your return flights before the morning of July 27; this gives us some logistical wiggle room in case we run late getting out of the mountains.

Telephone:

You will be out of telephone contact for the duration of the trip. Please do not plan to carry a cellular telephone into the backcountry, the odds of it being effective are very remote and everyone attending will be looking forward to leaving work behind. NOLS will provide necessary emergency communications.

Registration and Payment:

To reserve a space on this trip, please submit a non-refundable deposit to the NOLS Alumni Department. We take Mastercard or Visa via phone at 800-332-4280 or mail a check to: NOLS Alumni Department, 284 Lincoln Street, Lander, WY 82520. The remainder of the tuition and all application forms are due 30-days before to the trip's start.

The price of the trip includes all meals starting with lunch on July 22, through lunch on July 26, all group equipment, instruction and shuttles to and from the trailhead.

Lodging the night before the trip and the last night of the trip, meals not indicated, any personal equipment that is rented or purchased and any costs incurred by evacuations are the responsibility of trip participants.

Questions:

Please contact Willy Cunningham (307-335-2274) in the NOLS Alumni office if you have any questions. If you encounter travel delays, please call NOLS' Pacific Northwest Branch (360-445-6657) as soon as possible.