

## Mount Baker: Women's Mountaineering Skills Seminar

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IMG's Skills Seminars are our most in depth, hands-on training programs, offering a generous amount of time to build your proficiency in critical alpine climbing skills. Our women's programs are equally suitable as an introduction course for first time climbers, or a comprehensive refresher course for veterans of past climbing adventures looking for a spectacular climb and in-depth mountaineering curriculum. Unlike our summit climbs, these programs are not solely focused on making it to the top. Our primary goal during our Women's Skills Seminars is to build your competence and confidence in the mountains while offering a unique team dynamic, building lasting relationships, and having a great time on an empowering adventure.

During your seminar, your guides will delve into great detail during the training, lectures, informal discussions, and hands-on skills sessions to allow you to comprehensively understand the topics covered. At the end of the program we will make a summit bid as a team, utilizing the training we have learned during the seminar. The Women's Skills Seminars are the right choice if you are serious about becoming proficient in climbing in order to use your skills on other challenging mountains.

The curriculum of our Women's Skills Seminars includes many topics fundamental to general mountaineering. However, your guides have the flexibility to determine the current skillsets and intentions of all of the participants and adjust the content as necessary to give you the best experience possible.

### PREREQUISITES

There are no prerequisites for the Women's Skills Seminars. However, all participants must arrive in excellent physical condition and come prepared to carry 50 lbs. For training suggestions please review the information provided on our [Training for Rainier page](#) »

We look forward to meeting you and working together to build individual competence and confidence in the mountains, and share a powerful and meaningful adventure in a spectacular setting!

For any inquiries, email [office@mountainguides.com](mailto:office@mountainguides.com) or call 360.569.2609. We're happy to answer questions and/or put you in touch with one of our female guides.



## Mt. Baker Women's Skills Seminar

The Women's Skills Seminar on Mt Baker ascends via the gorgeous Coleman-Deming route, which offers a complete package for aspiring mountaineers of all levels of experience. It begins with a beautiful hike through pristine forest to the base of the glacier, then continues up into the alpine zone and finally to the summit. Mt. Baker is the fourth highest peak in the Northwest at 10,781 feet (3286m). The views from the upper mountain stretch north up to Canada, west over to the San Juan Islands, and east to Mount Shuksan and the entirety of the rugged and glaciated North Cascades. Mount Baker is home to the second largest glacier system in the lower 48 States, second only to Mt. Rainier. Mt. Baker now holds the world record for annual snow fall, 95 total feet in 1998!

All participants must be in very good physical condition. The need to train for this climb cannot be overstressed! For several months prior to the start of the climb, training should include lots of long, slow, distance runs over hilly terrain, an hour or more in duration, and at least one outing per week carrying a heavy pack (45-50 pounds) up *and down* steep hills or stairs. These sessions should gain 2-3,000 feet over three or more miles.

### Possible Course Objectives:

- Cramponing
- Ice axe and ice tool use
- Ice climbing
- Belaying and rappelling
- Route finding and navigation
- Glacier travel and rope management
- Crevasse rescue
- Anchor systems in ice and snow
- Short roping and short pitching
- Ascending and descending fixed lines
- Glacier and snow camping and shelters

**Dates:** Contact us for custom Options    **Cost:** \$TBD    **Guide/Client Ratio:** 1:2 (max 12)

**Included in your fee:** dinners and breakfasts for the climb (you will have the opportunity to provide us with dietary restrictions during the registration process), all group equipment including shared tents, stoves, climbing ropes, hardware and climbing permits.

**Not included:** transportation to the trailhead, lodging the evening prior to the start of the climb or the last night of the trip, or meals other than breakfasts and dinners on the program.

**REQUIRED Insurance:** IMG requires that all\* trip participants purchase [Travel Insurance](#) that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. Trip Cancellation Insurance is strongly recommended. Trekking and mountaineering programs are true "adventure travel." *\*The insurance requirement does not apply to IMG customers on programs within the continental USA, but is strongly encouraged.*

*"I wasn't sure what to expect going in, but the support and enthusiasm I felt on the climb and during the seminar made for an amazing week"*

—Nima

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

## Mt. Baker Women's Seminar Sample Itinerary

(Itinerary subject to weather, conditions, and group goals)

**Day 1:** The group meets at the ranger station in Glacier, WA at 8:00 a.m. The drive from Seattle takes a little under 3 hours, and we strongly encourage carpooling from Seattle and/or from the SeaTac airport. A team roster and contact information will be shared with the group several weeks in advance to facilitate carpooling. At the ranger station the guides conduct a thorough gear check of all of your personal gear, and issue team equipment for each person to carry. The group then drives to the trailhead together.

The Heliotrope Ridge Trailhead is at about 3,700 feet in elevation. We will hike up the well maintained trail into the alpine zone where the path turns into a climber's trail that leads to the base of the Coleman glacier. Our first camp will be determined by your guides based on many factors, including input from the group about overall objectives. Instruction on day 1 may include campsite selection and considerations, digging tent platforms, and building a kitchen. There may also be time for further instruction or discussion topics before and after dinner.

**Days 2-4:** Discussions, lectures, and hands-on practical skills sessions. Please see "POSSIBLE COURSE OBJECTIVES" above. We may move camp one or two times to practice tearing down and setting up camp, incorporate expedition-style climbing practices, and to put ourselves in the best location for our summit bid.

**Day 5:** Typically the summit day, but flexible based on weather, conditions, and the group. On summit day we get up well before dawn, eat a quick instant breakfast of hot cereal and drinks, put on harnesses, helmets and crampons, rope up into teams, and climb up onto the Coleman Glacier. The route first heads up to a saddle between the summit and Colfax Peak, then continues generally eastward, onto the upper Deming Glacier. We then climb up the Roman Headwall and cross the summit plateau to the northeast edge, where the team reaches the true summit. Summit day is usually around 6-8 hours to the summit, and 3-4 hours back to high camp and a well-earned celebratory hot meal.

**Day 6:** After packing up camp the team will head down to the trailhead. Often people enjoy a meal out at one of the local restaurants to plan our next adventures together and exchange contact information before a final round of hugs and parting ways.

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*"I recently climbed Mount Rainier with three female IMG guides, and I was absolutely blown away. They're professional, supportive, strong, and fun. I hadn't thought it would make a difference for me to climb with other women (instead of with men), but it turned out to be a highlight of my adventure."*

—Katherine P.

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## Mt. Baker Equipment List

### Clothing

- Long underwear top and bottom (light or medium weight)
- Expedition weight long underwear top
- Fleece or soft shell jacket \*\*\*
- Stretchy, dense weave synthetic climbing pants
- Waterproof/ breathable shell with hood \*\*\*
- Waterproof/ breathable pants (full side zips preferred)
- Warm, roomy down or synthetic jacket with hood (not an 8000 meter jacket) \*\*\*
- Wool or fleece hat
- Insulated ski or climbing gloves \*\*\*
- Fleece or lightweight climbing gloves
- Heavy wool or synthetic socks with liners (one extra change)
- Baseball or sun cap
- T-shirt
- Nylon Hiking shorts or pants

### Gear

- Full size internal frame pack, 55 to 65 liters (around 4,000 cu. in.) \*\*\*
- Sleeping bag with stuff sack, rated to at least 20 degrees F.
- Sleeping pad
- Plastic mountaineering boots \*\*\* or leather climbing boots- must be rigid soled and insulated. Leather climbing boots are best for climbing in mid-summer.
- Full or ankle length gaiters
- 12 Point adjustable crampons, fitted to your boots \*\*\*
- Sunscreen and lip balm
- Ice Axe, 60 or 70 cm. in length, with wrist leash \*\*\*
- Climbing harness with adjustable leg loops.
- Climbing helmet \*\*\*
- 3 Carabiners (One locking pear shaped)
- One sewn webbing sling or tied 6 mm prussik loop (approx. 24" diameter)
- 24' of 6 mm perlon rope
- Adjustable ski poles \*\*\*
- LED Headlamp, bring an extra set of batteries

- [ ] Dark glasses, UV rated with side protection (wrap around or side shields)
- [ ] Double lens ski goggles or spare glasses
- [ ] Two wide-mouth plastic water bottles, 1 liter capacity
- [ ] Pocket knife
- [ ] Plastic bowl, plastic insulated mug, spoon
- [ ] Camera. The smaller and more convenient the camera the more opportunity you will have to photograph the climb.
- [ ] Personal lunch food for six days. Bring a variety of your favorite foods. Include easy to eat snacks for the trail.
- [ ] Light toiletries: toothbrush and paste, small roll of t.p., ear plugs for sleeping
- [ ] Personal FA kit to include moleskin, a few Band-Aids, tape, aspirin, Advil, etc. Also consider bringing water treatment tablets and/or insect repellent depending on the season.
- [ ] 2-3 Large heavy duty plastic garbage bags.

