



Sierra Extended Mountain Camp

We with the same basic skills as the "Mini Mountain Camp" but then expands further and gets you out putting them into use. This application of the skills is very important; until you know how to use the newly acquired techniques you do not really "own" them. Perfect practice makes perfect, as the saying goes. The entire itinerary of this trip is in the backcountry. The Palisades area is "the" center for Sierra Mountaineering. Five 14,000 foot peaks are clustered above the largest glacier in the Sierra Nevada - obviously named the Palisade Glacier. If you are serious about getting experienced in the mountains this is the program for you.

Meeting place and time: The course meets at the parking area at the end of the Glacier Creek Road at 8.00 a.m. on the first day of the trip. Follow Glacier Lodge Road west out of the town of Big Pine. A road turns left into Glacier Lodge and we may park vehicles in there, but we will meet in the day-use parking area. Most vehicles will take about 20 minutes to get here from Big Pine as it's a gain of 3,500'. We will do a gear check here and distribute group equipment.

Itinerary: Day One: Our first camp on this trip is near Third Lake. This is a half day six mile hike on an easy trail. There are a number of small crags and cliffs here where we will work on rock skills for a half day after setting up camp.

Day Two: Rock climbing skills: knot tying, belaying, equipment selection/use, movement skills, and rappelling.

Day Three: Now we start to put skills together with an ascent of one of the arêtes of Mt. Robinson. We have three arêtes to choose from; the Lichen, Friendship or Fornication Aretes (We owe the latter two names to the irreverent group from the 60s known as the Armadillos who included local climbers Doug Robinson and John Fischer).

Day Four: We shift camp to the Palisade Glacier. This is a half-day walk and on the way we will stop and cover snow travel techniques including self-arrest, ascending and descending snow all in a high mountain setting surrounded by dramatic peaks.

Day Five: A full day of snow skills and includes plenty of practice in the prior days topics as well as new skills like anchoring on snow, use of crampons, and snow belays. We will also cover the rudiments of glacier travel though the Palisades glaciers are small and this is not the ideal place to learn glacier travel skills.

Days Six: We get out climbing the high peaks and put those skills into use. Likely peaks include Mt. Gayley, Mt. Sill or Thunderbolt Peak. These days will include a lot of 'on the route' instruction and coaching to get you applying the right technique at the right time.

Day Seven: Maybe a morning climb before we hike out to the trailhead.

As well as technique instruction during the days class will continue into the evenings with lessons on camp craft, map and compass use, Sierra geology and natural history, mountaineering lore, and tall tales...

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding, permits, all necessary group climbing gear, tents, kitchen gear and breakfasts, lunches and dinners (you bring hot/cold drinks and snack items). Scheduled dates include USFS trail fees. Private programs do not.

Ratios: We undertake this program with a participant to instructor ratio of 4:1 for the first four days and then reduce it to 2:1 for

Notes and other information: Guidebooks include Secor's "The High Sierra; Peaks, Passes and Trails", "Sierra Classics" by Moynier and Fiddler and Peter Croft's "The Good, The Great, and the Awesome". Get the latter from Maximus Press. <http://www.maximuspress.com>

The best of course is "Eastern Sierra Ice" by SP Parker. Get it from Maximus Press. <http://www.maximuspress.com>

You can also get our very detailed unpublished SMC Guide to The Palisades on-line.

We highly recommend that you spend at least one night at moderate altitude (higher than 8,000') just prior to the trip. Spending a night in Mammoth would do the trick or better yet, camped at an even higher trailhead, such as one of the campgrounds in

Success info sheet for more info.

Prerequisites: No prior climbing experience but prior backpacking and wilderness travel essential. The approach to the first camp is five miles and we will be carrying full packs so be in good physical shape. Some relevant elevations to give you an idea of the gain. Trailhead; 7,873', First camp; 10,600'; Glacier campsite 12,280'.

Equipment List for Sierra Extended Mountain Camp

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. Items with an * may be rented from SMC.

Climbing equipment

- Ice Axe*. A standard 70 cm. general purpose axe will suffice for this route. A shorter tool is optional.
- Second Tool*. This should be an ice hammer and we recommend a straight shaft rather than a bent.
- Crampons*. These should be matched to the boot. We suggest for very flexible boots the Charlet Moser G10 or Black Diamond Contact Clip; for stiffer boots the Black Diamond Sabretooth, the Moser G12 or Rambo.
- Harness.* A step-in type works best such as a Black Diamond Alpine Bod.
- Helmet. New models such as the Petzl "Helios" or the Black Diamond Half Dome are comfortable and light weight. We provide these for the program.
- Two locking carabiners and a couple of non-lockers.*
- Belay/rappel device*. An ATC style is preferred.

Other essentials

- Footwear. A medium-weight pair of leather mountaineering boots or heavyweight hiking boots will be sufficient. The Sportiva Glacier or Makalu is a good example of an appropriate mountain boot. Plastic boots are fine but will tend to be somewhat hot and uncomfortable on the approach so, if space in the pack permits, these can be carried and a lightweight pair of hiking boots used on the walk in.
- Large Pack. We are out seven days so a 4200 to 5500 cubic inch is needed. Internal frame packs are recommended for their comfort and balance when climbing. A pack that allows plenty of compression is best since this allows it to be carried on climbs without the need for a smaller day pack. The Gregory Makalu or Denali is about the right size. For women the Gregory Petit Dru might be one to try
- Sleeping Bag. Most summer trips are warm and a bag rated to about 20°C will be plenty warm enough.
- Sleeping pad. Sleeping pads. A Thermarest and or Ridgerest. A 3/4 Thermarest on a Ridgerest makes a good combination. Bring a repair kit along with a Thermarest in case of holes.
- Bivvy Sac. Only if we use a Megamid or if you are sleeping out under the stars.

Clothing

- 2 pair synthetic liner socks.
- 2 pair heavier synthetic or wool blend socks.
- Gaiters.
- Long underwear top. Capilene or some other synthetic is most desirable.
- Long underwear bottom.
- Warm pants. Tights or Expedition weight Capilene.
- Warm shirt. Synchronia or 200 weight works well.
- Another fuzzy sweater top or pile jacket of some sort
- GoreTex Jacket and Pants. A lightweight set is sufficient and heavy bulky rainwear is unnecessary. Side zips on the pants should be long enough to slide on over boots. The jacket must have a hood. Do not skimp on your rain gear.
- Shorts for on the trail.
- Tee shirt or long sleeve shirt for on the trail. Light colors are cooler!

- Polypropylene or similar gloves.
- Heavyweight shelled gloves.
- Warm hat. Synthetics are less itchy than wool.
- Sunhat or baseball cap.

Etc.

- Sun glasses. Good quality with side shields.
- Ski poles. These are not essential, but are handy on the trail. It is your choice, but they do save wear on the knees.
- Water Bottles. Two quart (1 liter) wide mouth bottles and or a hydration system holding up to 50oz. (2 liters).
- Headlamp. With a spare set of batteries.
- Eating and drinking equipment. Forget the traditional Sierra cup, instead use an insulated backpacking mug, with a lid. This can double for a bowl. Fork and spoon.
- Pocket knife. Swiss army style.
- Personal toiletries. It is not necessary to smell like a rose each day so do not over do it. Remember to bring toilet paper and a small zip-lock bag to carry out the used in.
- Personal Medical Kit. The guide will carry a large kit so yours will predominately consist of foot repair items, mild pain killer such as Advil and bandaids.
- Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lipscreen actually contains a sunscreen.
- Bug repellent. Only needed in the early season.
- Camera/film/spare battery.
- Plastic Trash Sac. Handy for keeping in outside the tent should it rain.
- Optional reading material etc.

Food

- We will provide breakfast, dinner and lunch but bring some snack items like cliff bars, power bars, gorp concoctions. A days worth for most people would be 2 bars, 3 ounces of gorp, and perhaps a candy bar. Don't over do it.

Shared Equipment Provided by SMC

- Shelter. We will provide lightweight, storm worthy tents. If you have your favorite, by all means bring it, but we do want to pair people up where possible to reduce weight.
- Stove. We provide MSR Whisperlite stoves.
- Cookwear.
- Water purification. A sad but true fact of life is that much Sierra water is contaminated. Iodine may be used individually or the group can carry a pump style purifier.

You specifically don't need

- ⊗ Cell phones. They rarely work anyway.
- ⊗ Big first aid kits (we have a comprehensive one).
- ⊗ Deodorant or any toiletries beyond those listed above.
- ⊗ Items that are not on this list