

## Intro Mountaineering Sample Itinerary

### Day 1

- 7:30am – Meet at Homebase, issue gear, sign waivers, park vehicles to carpool
- 8:15am – Drive to Silver Spray / Woodbury parking lot
- 10:00am – Hike to Silver Spray Cabin (4 hrs.)
- 2:00pm – Arrive at lodge, unpack, settle in

Afternoon session just outside lodge:

- 2:30pm – Crevasse rescue theory and miniature demo
- 2:50pm - Harnesses, dividing the rope, Fig. 8 knot, clipping in, prussiks, daisy chains
- 3:30pm – Walk through stages of crevasse rescue and return to glacier travel mode
- 4:00pm - Rotate positions and repeat x 2 (to assume all possible rope positions)
- 5:00pm – Appies, dinner, clean up
- 7:00pm - Fit crampons
- 8:00pm – End evening session

### Day 2

- 7:30am – Breakfast
- 8:30am – Hike to Caribou Glacier
- 9:30am – Demo & practice T-slot anchors with ice axes or ice screw anchors
- 10:00am - Crevasse rescue with anchor building and return to glacier travel mode
- 10:45pm - Rotate positions and repeat x 2 (to assume all possible rope positions)
- 11:45pm – Ice axe and crampon use, self arresting
- 12:15pm – Some glacier travel & ascend Mt. McQuarry (emphasis on route finding)
- 1:30pm – Hike down to lodge
- 2:30pm – Arrive at lodge
- 4:00pm - Appies, dinner, clean up
- 6:00pm – Whiteout navigation & route planning
- 7:00pm – End evening session

### Day 3

- 7:00am – Breakfast
- 8:00am – Hike to and climb Peak such as Evening Star
- 2:00pm – Arrive back at lodge and pack up
- 2:30pm – Hike out
- 5:00pm – Arrive at Parking Lot
- 6:30pm – Arrive in Nelson