



# Mt. Baker Climb

## TRIP INFORMATION PACKET



Cascades, USA



10,781 ft. (3,286 m)



5 Days Program



USD \$1500



Trip begins in Sedro Woolley Ranger Station Parking Lot at 8:00 a.m. on Day 1 of your program.

Please follow this 5 step checklist to complete your trip registration:

1. Signed Policies Document
2. Signed Health Questionnaire
3. Signed Waiver Form

Please fill out these three documents, scan and return them in an email to [admin@mtnpprofessionals.com](mailto:admin@mtnpprofessionals.com).

If you prefer to mail the documents, please use the address below.

4. Make \$500 USD Deposit to secure your spot
5. Final balance of payment due 45 days before trip

## Price Includes

- Mountain Professionals Guides / Instructors
- Team equipment (group climbing gear, cooking equipment, mountain tents, etc.)
- Breakfasts and Dinners on expedition (see day to day schedule for more detail)
- Comprehensive First Aid Kit and Wilderness First Responder Guide Staff
- Communication, on mountain radios and team dispatches

## Price Does Not Include:

- Personal Transportation to Sedro Woolley Parking Lot and Trailhead
- Lodging Before or After the program
- Personal clothing and equipment
- Personal snack food and lunches on the mountain

- Trip Cancellation or Rescue Coverage Insurance (optional)
- Trailhead parking fees (Northwest Forest Pass)
- Staff Gratuities (optional)

## Projected Itinerary

Please see the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch or dinner is included in the cost of your trip.

Day 1: Our team will meet at the Sedro Woolley Ranger Station parking lot for an orientation and gear check at 8:00 a.m. Transportation to the Schrieber's Meadow Trailhead will be via carpool. Well before your trip, we will share contact details of the group to facilitate shared rides from Seattle onward. We will trek on a trail through temperate rainforest and reach the Railroad Grade Moraine and make camp below Sandy Camp at 5000, depending on the month/conditions (approximately a 4 hour hike to camp.) Camp set up and skills as needed. (D; Dinner Provided)

Day 2: Will consist of instruction on mountaineering skills important to safely ascend the mountain. Topics will include; climbing knots, crampon footwork, harnesses, ice axe, self arrest, and rope team travel skills. (B & D; Breakfast and Dinner Provided)

Day 3: We pack up our backpacks and move a short distance to practice traveling on a rope team similar to how climbers travel on Denali and Vinson. Discussion on personal glacier rigging system for big mountain glacier travel. Discuss advanced mountaineering topics, and put them into practice. (B & D; Breakfast and Dinner Provided)

Day 4: Practice skills including; rappelling, fixed line ascension, as well as snow anchors and crevasse rescue set up. An early dinner will be prepared by the guides and we will rest in the tents preparing for the summit. (B & D; Breakfast and Dinner Provided)

Day 5: A pre-dawn alpine-start to climb to the summit. The climb takes on average 8 hours to the summit and back to high camp. After a short rest to rehydrate, we will eat and pack up camp. We'll descend to the trailhead for the end of the program in the mid to late afternoon. (B; Breakfast Provided) - Please note that we recommend staying at a hotel in the area this evening if you are in from out of town.

## The Climb

A successful ascent of Mt. Baker can serve as an introduction to glaciated mountain climbing or as a stand alone climbing trip for those with previous experience. The moderate slopes of the Eastman Glacier Route provide an excellent training ground for skills practice and a foundation of general mountaineering experience. It is one of the classic North American climbs and is superb mountain

terrain for developing or refreshing mountaineering/glacier travel skills. The summit of Mt. Baker is 10,781' (3286m) above sea level, making it the 3rd tallest peak in Washington State.

Though not as massive as Mt. Rainier, it is a true big mountain of the North Cascades that rises from the surrounding landscape rather dramatically so it is exposed to all the usual weather changes one would expect on a mountain of such height.

The approach from the trailhead to camp located at 5,500 feet takes approximately 4 hours. Once we set up camp, the remainder of the first day will be spent relaxing or in case of weather considerations with the schedule, used to begin skills training.

On day two, we launch into learning basic mountaineering skills. Topics will include; climbing knots, crampon footwork, harnesses, ice axe, self arrest, and rope team travel skills that are necessary to climb the peak. These are also the foundation mountaineering skills to take onward on future climbs of glaciated peaks beyond Mt. Baker.

Days 3 and 4 will be used as training on additional mountaineering skills.

An early dinner is followed by as much sleep as we can get prior to a very early a.m. alpine start for the summit on Day 5. Our climbing route will take us from 6-8 hours as we get onto the Easton Glacier and ascend toward Sherman Peak. Close to the base of Sherman Peak, we continue climbing higher and skirt to the right of Roman Wall and the steepest section to the large summit plateau. We then traverse the crater rim to the northeast side to the summit of Mt. Baker.

Our climbing team will then reverse back down the same route to our camp. The descent from the summit takes approximately 3-4 hours. Once back to camp, we enjoy a quick rest before packing up camp and descending to the trailhead for the culmination of the climb.

The Eastman Glacier Route is considered a moderate technical climbing route because we travel in rope teams and the guides may use snow protection during certain sections, but the actual climbing is straightforward and can be ascended safely with proper crampon and ice axe techniques. The route travels amongst crevassed glaciers, ridges and snow slopes of a moderate angle. It will require climbers to be very fit and motivated day to day to get themselves in position at the camp to make a successful ascent to the summit.

## Training

The most important thing to think of when training for Mt. Baker is to remember “the better shape you're in, the easier and more enjoyable the climb”. You do not have to be an expert climber or have lots of high altitude trekking or climbing experience. What you need is to be very fit in your cardiovascular system and in good hiking shape. Being mentally prepared and excited about the challenge is equally important in our opinion.

We encourage people to use a goal like this as an excuse to get in great shape. Part of the fun of going on climbing trips is the preparation. It is a lot easier to go to the gym or hit the trail for a nice

hard hike, if you know you are going to a mountain and it is fun to see yourself getting more and more fit as the trip gets closer. Our training mentality for big climbing peaks is to train to go up and over the mountain.... not just to get to the top.

This is one of the USA's great climbs. Each individual should be in good "hiking shape" and capable of traveling for a full day with a moderate pack weight of 40lbs, or the equivalent of one's personal gear needed for the climb. This would include items such as all clothing, sleeping bag, climbing hardware, water, food, etc. Once we reach the camp location, the remainder of the trip toward the summit, we have lighter backpacks that include extra clothing, lunch, water bottle, camera, etc.

In short, the best way to get in shape for the trip is to start early, get on a nice regiment of walking in the hills, biking, walking up stairs, and running. A nice way to do it is to slowly increase your regiment as time goes on, so you can feel that you are making progress.

## Staffing

Your climb will be led by a senior Mountain Professionals veteran Cascades Mountain Guides. We generally run Mt. Baker trips at 2 guides to a maximum of 6 clients ratio. (1:3).

## Additional Information

Please start taking precautions regarding your health from the moment you travel. This should include washing hands regularly and practicing social distancing and/or face coverings as per guidelines in the local area of your trip during that time.

It is a very good idea to bring some low level pain medication such as ibuprofen or acetaminophen which can also be useful for headaches and general aches.

Please bring a small personal bottle of alcohol hand-sanitizer to keep in your pack throughout the trip.

## Packing Information

The best method for transporting your personal gear and clothing is to use duffle bags for all your equipment. A gear duffle bag or whatever you travel with to the meeting location, will be used as a storage bag for all your personal things you do not want to take to the mountain. These will be locked in storage at the vehicles prior to leaving for the mountain trailhead.

You will be carrying your mountain backpack during the trip with all personal items needed for the climb, from the trailhead to the mountain.

## Food

Most Breakfasts and Dinners during the mountain expedition are included in the cost of the trip. Please see the detailed day to day explanation of when your meals are included. Meals on the expedition will be prepared by our very competent and skilled guides. Breakfasts will include things such as bagels, bacon, hot cereal, tea and coffee.

Please have additional small snacks that you really enjoy on hand during the day. Examples are candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. For guidelines, you should plan to bring about 10-15 of assorted snack foods, many of these will be used on the summit day. We recommend that you bring some light lunch food for day 1-4, trek to high camp, days 2 -4 training near camp, and day 5 on the walk out. This could be items such as premade salami and cheese, wraps, nuts, chocolates, or other on the go lunch type items.

Dinners will consist of soups, rice and pasta dishes, chicken and desert. Our cool staff works very hard to have fresh meats and vegetables carried on the mountain to meet our team, ensuring a constantly varied and satisfying menu. Our goal is to have everyone feeling full and ready for rest each and every night!

## First Aid

Small personal first-aid kit. Our team will be carrying an expedition first aid kit. This kit will include high altitude medications as well as with antibiotic creams and wound management items. If you choose to carry a personal kit, contents could include:

- Personal prescription medications in their original containers
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- If you have a history of severe allergic reaction - Epinephrine auto-injector (e.g., EpiPen)

## Communication

While in the mountains: You can expect the Cell Phone Service to be in and out and after a certain point there will likely be no service until we descend from the mountain, though some places near Sandy Camp do get reception. Your guides will have a satellite phone for emergencies.



## Charging Electronics


While on the climb our team will be carrying a 10-watt solar panel with a universal charger input that will accept USB, **for emergency charges** for people. The amount of time on the climb really does not dictate enough time away to really justify bringing charging batteries that you would need to carry in your backpack as extra gear. Please come fully charged and make that last on the climb. If you prefer to carry a battery, there are many small chargers available on the market for personal use.

## A Note on Diamox

While on the climb, it may be helpful to use a drug called Diamox. This is a prescription drug that helps climbers acclimate faster and can be taken prophylactically to help your body begin to produce red blood cells faster. If you are interested in taking this drug, please consult your doctor. We do carry Diamox in our First Aid kit, but do not have enough to supply every climber.


## Contact Information

Mountain Professionals Direct Line:  
 (1) 303.956.9945  
 [info@mtnpprofessionals.com](mailto:info@mtnpprofessionals.com)  
 Main Contact: Ryan Waters, Director

Secondary Emergency Contact While on Expedition:  
 Dave Elmore,  
 [daveelmore@mtnpprofessionals.com](mailto:daveelmore@mtnpprofessionals.com)

## Useful Notes

Optional Travel Coverage resources:

Trip Insurance:  
 Travel Guard -  
 [www.travelguard.com](http://www.travelguard.com)

Rescue Insurance:  
 Global Rescue  
 [www.partner.globalrescue.com/mtnpprofessionals/](http://www.partner.globalrescue.com/mtnpprofessionals/)

Satellite phones are available while on the climb for a charge of \$3 u.s. per minute.

## Mountain Professionals Cascades History

Mountain Professionals is in a strategic position to offer over 20 years of experience leading climbs to the Cascade Mountains. Our senior guides have worked in the range for many years and have developed a top-notch trip to climb Mt. Baker. We aim for a Safe, Fun, and educational outing on each and every trip. This is due to our careful acclimatization schedule and professional guide staff.