

Mt. Adams

Details provided by Timberline Mountain Guides

Elevation: 12,276 feet

Guide Service: Timberline Mountain Guides, in conjunction with Northwest Mountain School

Fundraising minimum: \$3,000.00 USD

Overview

Take your skills a step higher on majestic Mt. Adams. Situated in the Cascade Range, Mt. Adams is the second-most massive and the third-tallest volcano in the Cascade Range. Its eruptive volume is about 48 cubic miles, and only Mt. Shasta is larger in volume in the Cascades. The team will embark to set up camp at 9,000 feet, beholding breathtaking views in every direction. During the Climb, Timberline Mountain Guides will provide instruction as needed to ensure that the team is physically prepared and properly outfitted to summit Mt. Adams.

An alternate to the more popular South Spur climb, the Avalanche Glacier provides a steeper climb to the summit of Mt. Adams. We still start at the Cold Springs trailhead, but then we use the round-the-mountain trail to traverse to the northwest until we are under the route. Once on the glacier, the route takes a very direct path to the summit, keeping the popular ski routes down the Southwest Chutes to the climber's right. We generally place our camp somewhere above 9000, summit from this camp, and then descend either the South Spur route back to Cold Springs or down climb our route and retrieve camp.

Climbing skill level

This climb is open to any physically fit enthusiastic novice, beginner or advanced beginner. One day of training is included in the climb. Prior experience with backpacking is helpful.

Physical conditioning: 50 pound pack

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. Climbers must be able to carry an average of 50 pounds or more.

Climbers need to be in excellent physical condition for both personal enjoyment and team safety. We encourage you to contact TMG so that they can assist you in developing a training program that meets your particular needs. For reference, please visit TMG's web page on [Trip Preparation](#).



Mt. Adams Climb Itinerary

Day 1 Friday: 8 a.m. meeting at the Trout Lake, Washington, Ranger Station (directions listed below). Be ready to go at 8 a.m. with all your gear in one pack. Some cars will be left in Trout Lake.

We'll take a few minutes to answer gear questions and check to make sure that you everything that you will need. Please refer to the attached Washington Cascade equipment list for everything you will need. Note that TMG is not providing boots(full shank mountaineering boots required), ice axes and crampons for this climb. TMG is providing helmets and harness'. The group will have to share the labor of carrying the group items so save room in your pack. You will hike up to base camp, where you will set up camp for the night.

We'll start from the Cold Springs trailhead, and utilize the-round-the-mountain trail to traverse northwest until we are below the route. We'll camp at about 9000'.

Day 2 Saturday: Snow School and acclimization. You will all turn in early to your sleeping bags.

Day 3 Sunday: Summit day. Rise early. After a climb up the Avalanche/White Salmon Glacier to reach the summit, you will return to base camp, pack up your overnight gear and hike down to the trailhead. The expedition will be complete by late afternoon on Sunday.

Transportation is not provided. Climbers will need to provide their own transportation to the trailhead. TMG will provide dinners and breakfasts. You need to bring your own lunches and snacks.

Driving Directions to Mt. Adams

From Portland vicinity: Drive I-84 to Hood River. Take the exit for White Salmon, Hwy. 35 (Government Camp). Cross toll bridge to WA. Rte. 14. Go left 1.5 miles, turn right on Rte. 141-A (alternate). Meet Rte. 141 in several miles. Continue to Trout Lake. Just before town, take the left at a "Y" (note café and gas station in the "Y"). Drive about ½ mile to the Mt. Adams ranger station on the left.

Mt. Adams Ranger District, 2455 Hwy 141, Trout Lake, WA 98650

Phone: 509-395-3400

If you'd like to stay before or after the Climb, in the Mt. Adams area, the Trout Lake Valley Inn is just two miles south of the Ranger Station. You can make reservations by calling 509-395-2300.

For other options visit: http://www.gonorthwest.com/Washington/cascades/Trout_Lake/Trout_Lake.htm





EQUIPMENT LIST FOR WASHINGTON CASCADES

The mountains of the Washington Cascades can be a wild place even in mid-summer. Some days can be clear and friendly and find us climbing in only a few layers, while others can be stormy and cold with every type of precipitation falling in abundance. Weather on the mountain can change quickly and temperature fluctuations can be considerable. Nighttime lows can drop well below freezing while daytime highs climb into the seventies even on the glaciers.

Regardless of the weather, climbs in the Cascade Range happen at least a few hours' hike away from civilization and in a backcountry environment. As a result, we want all of our clothing and gear to be light, versatile, and carefully considered. We want our gear to perform in fair weather or foul, and be adequate to the task while being light enough to allow us to enjoy the climb without being bogged down by a heavy or cumbersome pack or by the wrong clothing or gear.

While each specific objective can require a slight adjustment in our kit, these are the basics of what we want to have available to us. All climbs will involve hiking on and off trail, climbing in boots and crampons, and will also all involve a mix of snow, ice and maybe even rock or scree. Depending on the weather, you may find yourself wearing short sleeves or everything you brought. Wherever we are on the mountain, we're going to want to put together an action suit – a combination of clothing that will keep us comfortable but not sweaty when we're moving – and to have enough insulation to keep us warm when we're not. Whatever the case, having well-fitting, high-quality gear will undoubtedly lead to a more enjoyable trip.

We have selected these items with great care to give everyone the best chance of staying warm, dry, and happy. Please call or email us if you have any questions. We're here to help.

Please make sure you bring all of the items on this equipment list!



CLOTHING

****In most cases, cotton is to be avoided at all costs. While synthetic or woolen garments will provide warmth when wet, cotton will not. Because of that, we ask that you do not plan on wearing any cotton while on your climb.***

- ☐ **Underwear (wool or synthetic):** *Boxers, briefs, sports bras, etc. No cotton!*
- ☐ **Lightweight short-sleeve top (wool or synthetic):** *For warm days down low on the mountain, having a quick-drying short-sleeve top or t-shirt can be far more comfortable than sweating it out in long sleeves.*
- ☐ **Light or mediumweight long underwear top (wool or synthetic):** *These warm, light tops make great layering pieces. Patagonia Capilene 2 and 3 are good examples.*
- ☐ **Medium or heavyweight long underwear bottom (wool or synthetic):** *Warmer long underwear will help keep your feet warm, and while we often have many layers on our torsos, you may only have long underwear and climbing pants on your lower body.*
- ☐ **Lightweight fleece or insulating layer:** *Fleece vests, light fleece jackets, and lightly insulated pullovers all work well. Something warm, yet not so warm you'll sweat your butt off. Heavy fleece jackets are generally too heavy.*
- ☐ **Softshell jacket or windshirt:** *A softshell jacket can also serve as a midlayer, but is even more useful as it can also be worn as a shell in less extreme conditions. These light, breathable jackets will repel snow or light precipitation and are far more breathable than their waterproof brethren. Patagonia Guide, Houdini and Traverse jackets are great examples.*
- ☐ **Softshell pants:** *These wind and water resistant pants work well on class days or during climbs in fairer weather. Patagonia Guide Pants are a good example.*
- ☐ **Waterproof/breathable (Gore-tex or equivalent) pants or bibs:** *Every outdoor clothing manufacturer makes these, but be sure it says "waterproof and breathable". Water-resistant is not adequate and it must be breathable or you'll overheat and get cold due to dampness from sweat. These are our hard shells when the weather gets windy and/or wet.*
- ☐ **Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood:** *The jacket version. Every outdoor clothing manufacturer makes these, but be sure it says "waterproof and breathable". Water-resistant is not adequate and it must be breathable or you'll overheat and get cold due to dampness from sweat. These are our hard shells when the weather gets windy and/or wet.*
- ☐ **Down or synthetic insulated jacket:** ***This is extremely important and is in addition to the fleece and waterproof/breathable shell.*** *It should be large enough to fit over your other clothes including the shell jacket and will be worn at rest breaks, the summit, and around camp in the evening on the overnight climbs. Synthetic fill is less expensive and will still keep you warm even when wet. The Patagonia DAS Parka or Fitz Roy Down Jacket are good examples.*



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- **Socks (synthetic or wool):** *Three pairs. In general, climbing boots are pretty warm, so something comfortable that wicks moisture is more important than ultimate warmth. Do not plan on wearing two pairs together unless one is a liner and one a mediumweight sock. Multiple pairs will ensure that you always have one dry pair.*
- **Heavyweight waterproof gloves or mittens:** *Make sure these are quite warm. A good pair of gloves is better than mittens as they have more dexterity, but they do need to be warm. It can get extremely cold on the upper mountain, and if your hands don't work, you can't climb. Black Diamond Guide and Soloist Gloves are great examples.*
- **Mediumweight pair of gloves:** *Wear these on the lower part of the climb or during periods of warmer weather. Softshell gloves in varying weights work well. Black Diamond Arc or Impulse Gloves are good examples.*
- **Warm hat:** *Wool or synthetic. This hat must come down over the ears but be low-profile enough to fit under a helmet so try to avoid any balls, tassles, or adornments.*
- **Buff, neck gaiter, or balaclava:** *It can be important to have something to cover your face in the event that there is some blowing snow or ice. Buffs are also great sun protection for warmer days on the snowfields.*
- **Sun visor or ball cap:** *For protection from the sun on warm days. Cotton allowed! It's just a baseball cap.*
- **Gaiters:** *These need to be big enough to go over the top of big climbing boots and keep snow out. Low gaiters like the Black Diamond Cirque and Talus gaiters work well without getting in the way.*

PERSONAL GEAR

- **Good quality overnight pack:** *65-85L capacity packs are best. Your pack should have ice axe and crampon attachments, and should have a tall, thin profile. Stay away from wide or overly large packs with lots of bells and whistles. Look for a simple, light pack and one that fits you well. Your pack needs to be big enough to fit all your gear when maxed out but not so big that it's unnecessarily heavy and cumbersome. The Black Diamond Mission 75 is a great example.*
- **Lunch and snacks for each day:** *Bring a variety of stuff that's easy to eat on the go. Bagels, cheese, salami, dried fruit, gorp, even Power Bars are good choices. Make sure to bring food that you'll actually want to eat. ¾ to 1 lb. or approximately 1500-2000 calories per day. Individually packaged drink mixes are also helpful.*
- **Water, two or three 1L (32oz) bottles:** *Most climbers find two or three liters of water to be adequate for a Mt. Hood climb. A Camelbak or hydration bladder can also work but you'll need to bring at least one*



extra bottle in case the hose freezes. Wide-mouth Nalgene bottles are the standard but Gatorade or other sports drink bottles also work great as long as they can seal tightly.

☐ **Glacier glasses/sunglasses:** These should be glacier glasses with side shields or be close fitting enough that too much reflected light doesn't come in from the sides.

☐ **Ski goggles:** You really do need both glasses and goggles. In good weather the goggles will be too warm and uncomfortable and in stormy weather the glasses will not provide adequate eye protection. You must have some eye protection any time the sun is up, even if it's cloudy as the UV rays will burn your eyes and can cause permanent damage.

☐ **Sun block (SPF 30 or more):** The higher the SPF, the better. Apply at least every 2 hours when the sun is up. It's extremely easy to burn at higher altitudes.

☐ **Lip balm (SPF 15 or more):** Any lip balm with SPF 15 or more will work.

☐ **Headlamp:** We will be moving at times during the night, so you'll need a headlamp to see. The new LED lamps are super light, get fantastic battery life and you don't need a spare bulb. Make sure to start the climb with fresh batteries. Black Diamond Spot and Cosmos are great examples.

☐ **Ski or trekking poles:** Collapsible ski or trekking poles are indispensable for easy mountain travel on rough terrain. Black Diamond poles with the Flicklock work the best in adverse conditions. The Black Diamond Traverse and Syncline poles are great examples.

☐ **Camera (optional):** One charge should last you for the duration of the trip.

TECHNICAL CLIMBING GEAR*

☐ **Mountaineering boots:** These must be stiff, climbing-specific boots, preferably with some insulation for our climbs. Hiking boots are neither stiff enough nor warm enough for the steeper terrain that we climb on the more technical climbs in Oregon, Washington and California. If in doubt about your footwear, please call or email our office with questions.

☐ **Crampons:** These should be a hinged, 12-point, steel, alpine model rather than a rigid ice climbing crampon. A ten or a fourteen point model can also work as long as they fit your boots, but aluminum crampons are not appropriate. Black Diamond Sabretooth or Serac Crampons are ideal.

☐ **Ice axe (50 to 65cm long):** If you have your own ice axe and it is a modern axe in good condition, you are of course welcome to use it instead of ours. We recommend an axe between 50 and 65cm, depending on your height. The Black Diamond Raven, Raven Pro and Venom are great examples.

☐ **Climbing harness (provided upon request):** If you have your own harness and it is a modern climbing harness in good condition, you are of course welcome to use it instead of ours. Harnesses should be able to fit over layers and be comfortable under a pack. Black Diamond's Couloir is ideal.

☐ **Helmet (provided upon request):** *If you have your own helmet and it is a modern climbing helmet in good condition, you are of course welcome to use it instead of ours. The Black Diamond Half Dome and Tracer are great examples.*

☐ **Locking carabiners, two:** *Locking carabiners serve a wide variety of uses. Any model will work, but those that are lightweight, pear-shaped and with a keylock closure are ideal. Black Diamond Vaporlock Screwgate and Mini Pearabiner Screwlock are great examples.*

CAMPING GEAR*

***These are the items you are required to bring. Timberline Mountain Guides will provide tents, breakfasts and dinners. Be sure to let the office know in advance of your program if you have any dietary restrictions so that your guide can make adequate preparations.**

☐ **Eating utensils (bowl, spoon, & cup):** *You don't need to bring an entire kit, just a cup, bowl and spoon. Cheap, lightweight lexan spoons, small, insulated plastic cups and lidded Nalgene or Tupperware bowls work well.*

☐ **Sleeping pad:** *Self-inflating (Therm-a-Rest) or foam are good. Inflating are more comfortable but heavier and more expensive, foam are lighter but less comfy and cheaper. Your choice.*

☐ **Sleeping bag:** *Bring a light and compressible down or synthetic bag rated from 0 to 20° F. Synthetic fill is less expensive and handles getting wet better than down, but is also less compressible and heavier.*

☐ **Compression stuff sack:** *When sized correctly, it should take a reasonable amount of work to stuff your sleeping bag into it. Consider lining this with a plastic trash bag to keep your sleeping bag dry and compact when packed.*

☐ **Toiletries:** *Half a roll of toilet paper, wet wipes, hand sanitizer, toothbrush, travel-size toothpaste, etc. Whatever you need to keep yourself happy and healthy in the mountains. Keep in mind that your guide will have a first aid kit at all times.*

☐ **1 Gallon Ziploc bag:** *Use this for your personal trash bag for wrappers, food waste, etc.*

☐ **Ear Plugs (Optional):** *Great for sleeping through snoring partners or windy nights.*

☐ **Garbage bags:** *Bring two or three large ones. They serve a large variety of uses.*