



# Mt. Rainier Expedition

June 25-29, 2017

Greetings Mountaineers,

Mt. Rainier is a massive glacier clad volcano that rises 14,411' above the Puget Sound. It is a worthy goal of any mountaineer to be sure. I was fortunate enough to climb Mt. Rainier when I was just a lad, way back in 1977. It was an experience that has quite literally defined much of my life as an outdoor adventurer. I believe that if you decide to climb the mountain you will have an opportunity to achieve something worthy of any "bucket list"! That being said you must understand that half of the people that attempt Mt. Rainier do not reach the summit due to poor weather or poor planning. Since we can't do anything about the weather we must commit to what the British call the 7 Ps of success, which are *proper prior planning prevents pX@!! poor performance!* Gotta love those Brits!

If you commit to this expedition it is imperative that you start planning now! Here are the simple steps to follow to get us all ready for the expedition. I will be in communication with you in the days ahead to clarify any questions that may come up.

## Steps to Climbing Rainier:

- |          |         |   |
|----------|---------|---|
| • Step 1 | Now     | Begin a fitness program   |
| • Step 2 | Now     | Begin acquiring gear! (see list)  |
| • Step 3 | May 1   | Submit Forms (participant, release, medical) via email                                |
| • Step 4 | May 1   | Purchase Mt. Rainier Climbing Pass (see directions)                                   |
| • Step 5 | May 1   | Make donation at <a href="http://www.blueprintformen.org">www.blueprintformen.org</a> |
| • Step 6 | May 1   | Purchase airline ticket (see directions)  |
| • Step 7 | June 26 | Fly to Seattle and climb the big hill!  |

Climb On!

Marty Miller, *Blueprint for Men*  
423-322-8491



## Logistics

### Application

- Participant Form - send PDF copy via email to [blueprint4men@gmail.com](mailto:blueprint4men@gmail.com)
- Release Form – send PDF copy via email to [blueprint4men@gmail.com](mailto:blueprint4men@gmail.com)
- Medical Form – send PDF copy to [blueprint4men@gmail.com](mailto:blueprint4men@gmail.com)
- Deposit of \$100 – make donation at [www.blueprintformen.org](http://www.blueprintformen.org)
- Deadline is May 1, 2017

### Flight to Seattle

If you live in the Chattanooga area I recommend that you fly out of Atlanta (ATL) on **Southwest Airlines (2 free big bags!)** to Seattle (SEA) on Sun, June 26. **I suggest taking the 10:20 am flight which arrives in Seattle at 1:10 pm.** If you travel from any other location plan on arriving in Seattle early afternoon so that we all will have enough time to catch lunch, rent/purchase gear, purchase food, and pack up that night before the big climb.

Return flights will be according to your schedules as many will stay in Seattle for several days after the climb.

### Ground Transportation

I will have arranged for ground transportation which will meet us at the Seattle airport. After shopping for gear and food needs we will head to the mountains.

### Communication

Much of the backcountry has cell phone service. That being said it can be spotty in certain places, especially near the summit. Bring a back-up charging device to keep electronics powered up.

### Safety

I have medical training as a Wilderness First Responder and will be carrying a group first aid kit. Please bring your own personal first aid kit as listed in the gear section. In the event of a major medical emergency that requires helicopter evacuation I will be carrying a SPOT (satellite messenger) with up to \$100,000 evacuation insurance.

### Meals

Tenting partners should plan on cooking together to minimize weight.

### Tenting Partners

You can tent alone or with a partner to reduce pack weight. We will coordinate with our team as needed.

### Reflection, Journaling, Photography, and Nature Study

During this expedition you will have ample time for all of these activities and go deeper with God!

### Mt. Rainier Climbing Pass

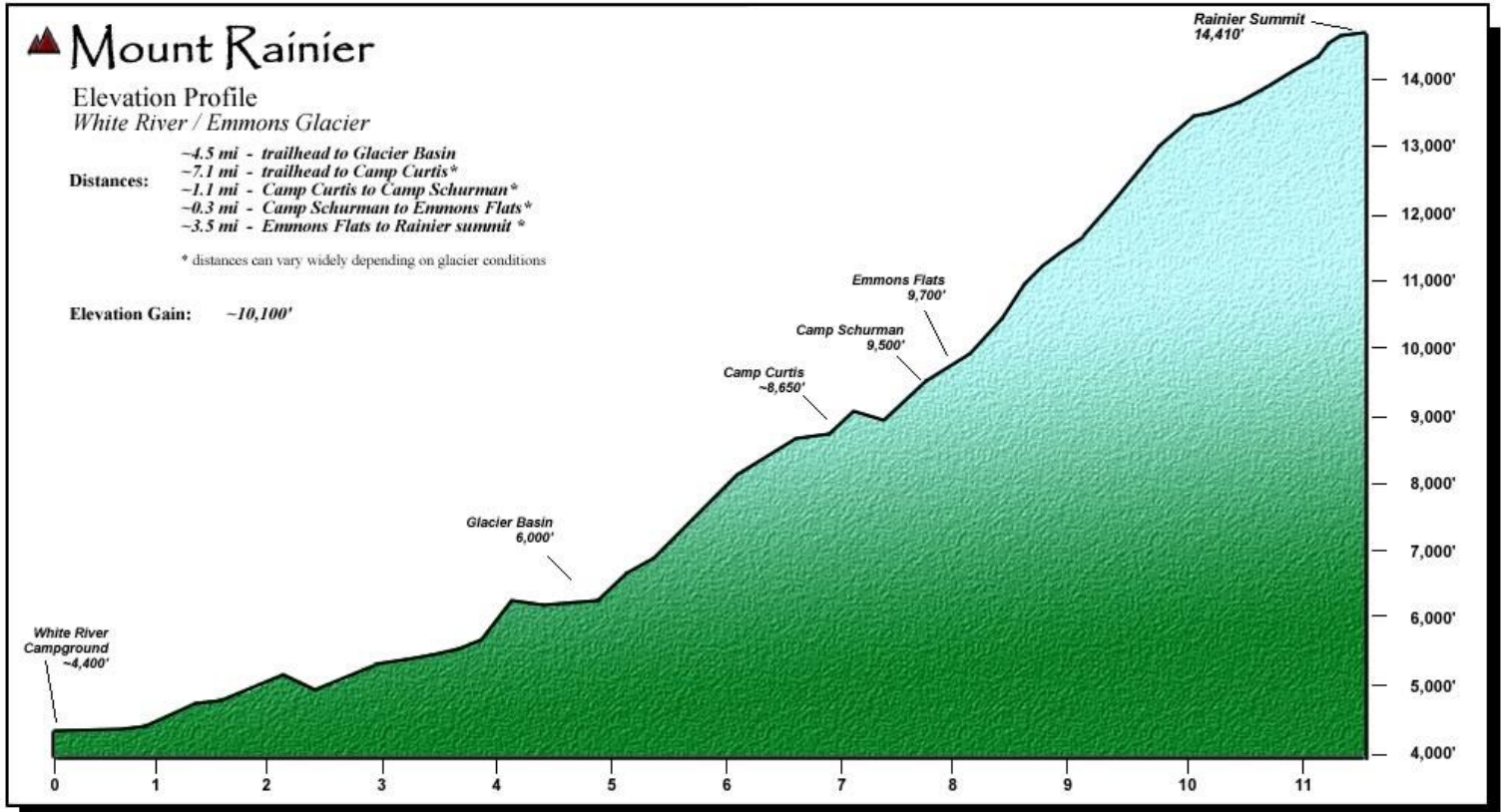
You are responsible for acquiring your personal climbing pass which can be purchased online for \$45.

- FAQ <http://www.nps.gov/mora/planyourvisit/climbing-pass-faqs.htm>
- Application <http://www.nps.gov/mora/planyourvisit/climbing-pass.htm>
- Purchase Form <http://www.nps.gov/mora/planyourvisit/upload/moraclimbingpasspurchaseform2014.pdf>

Mt. Rainier Climbing Information

Mt. Rainier Climbing Information  
 Emmons-Winthrop Glacier Route  
 Detailed Information  
 Distances and Elevations:

<http://www.summitpost.org/mount-rainier/150291>  
<http://www.summitpost.org/emmons-winthrop-glacier/156360>  
<http://www.alanarnette.com/climbs/rainierfaq.php>



Date	Mt. Rainier Tentative Itinerary
Sun, June 25	Fly to Seattle In Seattle - Eat out for lunch, purchase gear, buy food, etc. Rent gear at Whittaker Mountaineering in Ashford Sleep at White River Campground
Mon, June 27	Pick-up Permits at White River Ranger Station Hike trail from White River Campground to Glacier Basin Climb to top of Inter Glacier, Set-up camp and spend night
Tue, June 28	Backpack up to Camp Schurman and set-up basecamp Glacier travel skills... ropes, ice axes, crampons, etc. Crevasse rescue practice Rest & Hydrate, Early to bed
Wed, June 29	Midnight wakeup, begin climb to summit 1:00 am, summit around 10:00 am Descend back to Camp Schurman around 4:00 pm Sleep at Camp Schurman
Thu, June 30	Glissade Inter Glacier, hike to trailhead, return rentals, drive to Auburn Clean up, Take showers Celebration supper!



# The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted so they can be applied in your backyard or your backcountry.

## Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

## Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
  - In popular areas:
    - Concentrate use on existing trails and campsites.
    - Walk single file in the middle of the trail, even when wet or muddy.
    - Keep campsites small. Focus activity in areas where vegetation is absent.
  - In pristine areas:
    - Disperse use to prevent the creation of campsites and trails.
    - Avoid places where impacts are just beginning.

## Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

## Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

## Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

## **Respect Wildlife**

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## **Be Considerate of Other Visitors**

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

## **Properly Storing Attractants in Bear Country**

### **Generally**

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- Bears have a broad diet and are attracted to a wide variety of unnatural foods, including human food, garbage, canned or bottled beverages, processed livestock feed, pet food, bird seed, toiletries, and coolers, stoves, and grills containing food or food residue.
- Bears that obtain human food or garbage often become aggressive and dangerous in their efforts to get more. This food-conditioned behavior can lead to human injury, death, and damage to property.
- Food-conditioned behavior usually cannot be changed and these bears must be killed by managers.
- Don't be the one responsible for human injury or death or the death of a bear because YOU did not store your food properly.
- Read and understand food storage regulations before your visit. Coolers, backpacks, wooden boxes, and tents are not bear resistant and may not be used to store food or other bear attractants.
- For more bear safety tips, visit the Center for Wildlife Information Web site at <http://www.centerforwildlifeinformation.org/>.

### **In the front country**

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Store your food, garbage, and any other bear attracts in one of the following places:

- In metal storage boxes located in most campgrounds. Keep in mind you must share these food boxes with other campers and be sure to leave the boxes empty and clean when you leave.
- Within a hard-sided vehicle (be warned – on occasion, bears will break into your vehicle if they smell or see desirable items)
- Hang your items from a tree or cable – at least 10 feet above ground and four feet out from any vertical support, and preferably more than 100 yards from your tent.

## GEAR LIST

### General Backpacking & Camping Gear

- Large backpack (4,500 + cubic inches)
- Sleeping bag (rated to a min. of 20° F)
- TWO Sleeping pads or one very thick one... you will be sleeping on ice!
- Four-season tent w/snow anchors
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils
- 2 Nalgene bottles (1 liter widemouth)
- Zip-lock bags for stuff
- GPS unit or compass & map

### Specialized Climbing Gear – rented at REI

- Plastic double mountaineering boots
- Crampons
- Ice-ax
- Climbing harness sized for winter clothes
- Locking carabineer w/Rappel/belay device
- Prussic slings
- Tubular nylon runners
- Climbing helmet

### Clothing

- Waterproof/breathable jacket and pants
- Medium-heavyweight insulating layer
- Heavy-weight fleece jacket
- Insulated parka
- Quick-dry underwear
- Quick-dry T-shirt

- Heavy mitts or gloves
- Liner gloves
- 2 pair of synthetic liner socks
- 2 pair of wool socks
- Gaiters
- Warm cap

### First aid kit

- Band-aids
- Duct tape
- Moleskin
- Ace bandage
- Athletic tape
- Scissors
- Antibiotic ointment
- Aspirin /Tylenol – for headaches
- Aleve/Ibuprofen – for swelling
- Prescriptions

### Misc. Personal Items

- Sunglasses w/side shields
- Snow goggles
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flap wind noise
- Toilet paper
- Deodorant
- Pack towel
- Digital Camera
- Watch w/alarm

### Group Equipment

- Climbing rope
- Snow Pickets
- Rescue Pulley
- Snow Shovels

## Mt. Rainier Expedition Participant Profile

### Personal Information

Name \_\_\_\_\_

Address \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Name

Relationship

Phone

### Backpacking and Climbing Experience.

On a scale of 1-5 (5 being best) how would you rate your fitness level?

On a scale of 1-5 how would you rate your mountaineering (backpacking/climbing) experience?

Describe your longest backpack trip.

List the 3 most significant mountains you have climbed, starting with the most recent. (Include name of mountain, altitude, route, and date of each climb)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Describe your rock-climbing skills and experience.

Describe the most extreme weather situation you have experienced while climbing or backpacking.

What strengths do you feel you will bring to our climbing group?

What concerns, if any, do you have concerning the physical demands of this trip?

Do you have any medical conditions that could compromise your personal or group success?

Do you have all the required equipment for this class? (refer to following list)

Yes

No

If no, what equipment do you need to obtain or rent?





## BLUEPRINT FOR MEN HEALTH STATEMENT FORM

The proposed activity provided by *Blueprint for Men* requires participation in physical exercises which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions which might create undue risks to themselves or any others in the group who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should consult with a physician. (NOTE: If you have had any heart related problems you will need to have a release form from a physician in order to participate in the program.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### HEALTH HISTORY (circle appropriate response)

Current General Health Condition:	Excellent	Good	Fair	Poor
Have you had or do you currently have any heart problems?			Yes	No
Do you frequently suffer from pains in your chest?			Yes	No
Do you often feel faint or have spells of dizziness?			Yes	No
Has a doctor ever told you that you have high blood pressure?			Yes	No
Do you have arthritis, joint or back problems that are aggravated by exercise?			Yes	No
Have you had any operations or serious injuries?			Yes	No
Do you have any physical disabilities or chronic recurring illness?			Yes	No
Do you have Epilepsy?			Yes	No
Do you have Diabetes?			Yes	No
Are you allergic to any medication, insects or pollen?			Yes	No
Are you currently sick and/or using medication?			Yes	No
Do you have any prescribed meal plan or dietary restrictions?			Yes	No
Are there any activities to be limited/discouraged by physician's advice?			Yes	No

Please describe any "yes" answers above: \_\_\_\_\_

Do you carry health insurance? \_\_\_\_ Yes \_\_\_\_ No

Carrier: \_\_\_\_\_ Policy \_\_\_\_\_

### REPRESENTATION AND EMERGENCY AUTHORIZATION

This health history is correct so far as I know, and I believe that my health is satisfactory to participate in adventure activities. I hereby give permission to the medical personnel selected by *Blueprint for Men* to order injection and/or anesthesia and/or surgery for me. Such authorization for emergency treatment shall also include but is not limited to, charges incurred for the providing of aid and arranging evacuation if *Blueprint for Men* or its agents determine that such evacuation is necessary and desirable. I further agree to assume responsibility for the costs of any specialized means of evacuation and of any medical care and acknowledge any restrictions placed on my activities.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Witness \_\_\_\_\_