

Mt Adams

Elevation: 12,276 feet

Guide Service: Portland Parks & Recreation (PP&R)

Fundraising minimum: \$3,000.00 USD

Take your skills a step higher on majestic Mt Adams. Situated in the eastern 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 8,000 feet, beholding breathtaking views in every direction. During the Climb, PP&R will provide instruction as needed to ensure that the team is physically prepared and properly outfitted to summit Mt Adams.

Physical conditioning

Climbers need to be in excellent physical condition and be able to carry a 50 pound pack. Prior experience with backpacking is helpful.

Mt Adams Climb Itinerary

Day 1 : 7 a.m. meeting at the Trout Lake, Washington, Ranger Station (directions listed below). Be ready to go at 7 a.m. with all your gear in one pack. Some cars will be left in Trout Lake. A nominal parking fee (per car) will need to be paid to Yakima Nation. Note: This is the only outside fee you will need to pay.)

There will not be an official gear check. Please refer to the attached Mt Adams gear sheets for everything you will need. 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.

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

Day 3 : Summit day. Rise early. After you 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.

Special Notes:

- Personal equipment (please see Mt Adams gear list and the Gear Rental Section for rental options).
- **You need to bring your own lunches and snacks.**

- Pre/Post-climb lodging not included.
- Transportation is not provided. Climbers will need to provide their own transportation to the trailhead.

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 Motel 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

Mt Adams Climb Gear List

Lower body

- Wicking layer: Light or medium weight long underwear, synthetic or wool...no cotton!
- Insulating layer: Wool pants, expedition weight synthetic long underwear or light pile or fleece pant.
- Outer layer: Rain pants, waterproof or GoreTex, (if possible with side zippers).

Upper body

- Wicking layer: Light or medium weight underwear, synthetic or wool...no cotton!
- Insulating layer: Medium or expedition weight long underwear, wool shirt or puff layer.
- Insulating layer: Pile or fleece jacket.
- Outer layer: Rain jacket, waterproof or Gore Tex (ideally with a hood large enough to cover a helmet).
- Socks: Bring one pair of thin, synthetic liners and one pair of thicker wool socks.
- Gloves: A liner under ski gloves or mitts works well, especially if you have wind and waterproof shells, which are highly recommended. Ski gloves work well. Wind can make inadequate gloves quite uncomfortable.
- Hats: Should cover the ears easily. Balaclava masks are excellent, and additional ear bands can make a marginal hat warmer. Neck “gaiters” are great too. A hat with visor is great for sun/rain protection.

Hardware and personal items

- Mountaineering boots: Preferably plastic, but high-quality, heavily lugged, full leather boots with a full shank will also work. Hiking boots are not acceptable.

- Gaiters: With a strong strap or cord as a stirrup to go beneath the boot sole.
- Crampons: These must be matched to your boots before you get to the mountain! Most leather boots require “strap-on” crampons. The “step-in” type are generally for plastic boots only.
- Ice axe: Needs a wrist loop and should be, depending on your height, between 60 and 80 cm.
- Backpack: Should hold all of your gear, including clothing you shed if weather is warm. A 2,500 cubic inch pack should do it, though a little larger is okay. A waist belt is a must. External frame packs are not acceptable.
- Headlamp: With fresh batteries and a spare bulb.
- Helmet
- Trekking poles: Highly recommended
- Sunglasses: With a neck strap. Needs to have 100 percent UV protection. Side shields are a plus.
- Ski Goggles
- Sunscreen: Minimum of SPF 15. Lip sun-protection is important as well.
- Water bottles: Two full liters with secure lids, preferably wide-mouthed.
- Food: A hearty lunch of easily digestible, calorie-rich food plus a variety of high-carbohydrate snacks.
- Personal: Prescription medications, camera, binoculars, compass and other small, personal items.

Portland Parks & Recreation provides all ropes, carabiners and harnesses for Mt Adams climbs.

Overnight Gear List

Overnight mountaineering trips allow us to get further into the backcountry, and for this we need a little more equipment than for a day climb. As long as the object is still the mountain’s summit, however, we must take pains to keep the weight of our packs as low as reasonably possible.

Please keep in mind that when we spend the night on the mountain for a Climb, it will be more of a brief stopover than an elaborate basecamp. Backpackers commonly carry a variety of luxurious extras, the weight of which, climbers cannot afford. As climbers, we must carry rope, ice axes, harnesses, crampons and helmets -things the backpacker doesn’t need. Keeping your pack as light as possible can dramatically increase your enjoyment of both the hike-in and the climb itself.

In some cases climbing routes and descent routes are not the same, and small packs will allow us to descend the mountain by the easiest, safest route without the need to return to a camp. To these ends, please try to avoid packing cumbersome, heavy or unnecessary items. Following is a list of personal items you will need. We will provide all tents, stoves, pots, and other group gear, but remember that the group will have to share the labor of carrying them.

Sleeping bag

Down or synthetic, comfort-rated to 10 degrees or better. Down is lighter and more compact than synthetics. For one night of camping, you needn't worry so much about it getting wet.

Sleeping pad

Closed-cell foam or inflatable, full or ¾ length. Pad must be waterproof. No spongy or "open-cell" foam.

Cup/bowl/spoon

Something simple to eat out of. A cheap plastic bowl plus lightweight insulated cup allows the luxury of hot food and drink at the same time.

Pack

An overnight pack should also be used for the climb itself - no need for two! Pack size will vary with the size of your sleeping bag, but you should be able to get by with 3,000-4,000 cubic inches. External frame packs are not recommended.

Optional items

A pair of shorts and a wicking T-shirt will be comfortable for the hiking portion of the trip. Do not bring

