

## Mt Hood

Elevation: 11,237 feet

Guide Service: Portland Parks & Recreation

Fundraising minimum: \$3,000.00 USD

Located at the northern end of the Oregon Cascades, Mt Hood is the tallest peak in Oregon. With 11 glaciers carving paths down its steep slopes, this Oregon volcano's beauty has been sculpted over thousands of years. Experienced guides from PP&R have assembled the perfect combination of elements for you to experience a successful and enjoyable climb of Mt. Hood. The first day of your adventure is devoted to practice sessions on the mountain; you will have time to thoroughly learn the skills you will need for a successful and safe climb on day two.

### Physical conditioning

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 35 pounds or more. Climbers need to be in excellent physical condition for both personal enjoyment and team integrity.

## Mt Hood Climb Itinerary

**Day 1:** Meet at 8 a.m. SHARP in the DAY LODGE at Timberline (not Timberline Lodge itself). The Day Lodge is close to the parking lot and houses the climber registration desk. Meet on bottom floor of the Day Lodge that overlooks the parking lot. There is a big set of heavy wooden doors leading into the lodge. Benches are inside – congregate at the benches.

By 8 a.m. you should have your boots, gaiters and appropriate clothing on. You should also have a day pack that contains food, water, crampons, ice axe, helmet, extra clothing, and full rain gear. Please pack all of your gear into two bags. One bag for snow school and the summit climb and the other for your overnight items and spare climbing gear. Bring your overnight gear in a labeled bag with you to the meeting place in the Day Lodge. Your bag will be transported via snow-cat to Silcox Hut, where you will spend the night.

### Arrive wearing:

- Climbing boots
- Climbing clothes (See PP&R gear list for detailed items)
- Gaiters
- Head Wear (baseball cap or winter hat depending on conditions)
- Gloves

**Climbing Pack:**

- Small to medium size day pack
- Extra clothing
- Food (lunch & snacks)
- Plenty of fluids - water and/or Gatorade (You're hydrating for the climb.)
- Sunglasses
- Sun screen & lip block
- Pocket knife
- First Aid supplies
- Trekking poles
- Crampons
- Ice axe (with leash)
- Helmet
- Climbing harness and locking carabiner (guides will supply if you do not have one)
- Camera (optional)

You will be staying in Silcox Hut; it is similar to staying in a bunkhouse. The Hut has a shower, toilets and sinks. Pillows, bedding and towels are provided. Overnight bag is transported to the Hut on a snow-cat. Please mark all bags with your name and phone number. Snow-cats will transport Climbers to the hut at the end of the snow school. Have your overnight gear packed separately.

**Overnight pack:**

- Clothing for hanging out
- Toiletries (there is even power for a hair dryer or razor)
- Shoes
- Dry clothing to replace some of the wet gear that may not dry out in time for the climb (i.e.: socks, gloves, rain gear, hat) most synthetic gear will dry.
- Head lamp
- Additional food for climb
- Wide-mouth water bottles (plan on two to three liters of water)
- Duffle bag or large pack

After meeting your guides, you will depart with your daypack to hike to snow school. After snow school you will depart for Silcox Hut. Dinner and breakfast will be provided at the hut, along with plenty of beverages. *Consider bringing a small tip for the Hut host.* Dinner will be served at approximately 5 p.m.

You can then turn in early. Your guides will wake you up at approximately 11 p.m. for breakfast. You will start your climb from the top of the Palmer Lift. (A snow-cat will transport you to this starting point.)

**Day 2:** Summit day. After reaching the summit by 7 or 8 a.m., you'll descend to Timberline Lodge. There will be a luncheon from 12 to 1 p.m. at Timberline Lodge. Each participant can invite up to two family members or friends. Your adventure will be finished by 1 p.m.

**Post climb:** You will have access to the showers and hot tub at Timberline Lodge. Consider bringing another set of clean clothes for after the climb. Lodge will supply towels.

Special Notes:

- Lodging is provided on Saturday night at Silcox Hut which is 1,000 feet above Timberline Lodge.
- Lodging for Friday night or Sunday night is not provided, please make reservations early for Timberline Lodge if you intend to stay there Friday night, it books up early.
- You need to bring your own lunch for Saturday and snacks.
- Transportation to Timberline is not provided.
- Climbers will be responsible for all items on the PP&R gear list, with the exclusion of group climbing equipment which will be provided by PP&R.
- Participants responsible for snow school and day-of-climb snacks.

## Mt Hood 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, light pile or fleece pant.
- Outer layer: Rain pants, waterproof or GoreTex (if possible with full side zips).

### 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. Please be aware that 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 length 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 a generally for plastic boots only.
- Ice axe: Needs a wrist loop and should be between 60 and 80 cm, depending on your height.
- Backpack: to hold all of your gear, including clothing you shed. 2,500 cubic inches should be sufficient, though a little larger is Okay. A waist belt is required. External frame packs are not acceptable.
- Headlamp: With fresh batteries and a spare bulb. LED are best.
- Helmet
- Trekking poles
- Sunglasses: With a neck strap and should 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: Everyone needs 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.
- Expedition includes overnight accommodations at the historic Silcox Hut, dinner, and pre-climb breakfast. Post-climb lodging not included.
- Transportation to Mt Hood not included.
- Climbers will be responsible for all items on the [PP&R gear list](#), with the exclusion of group climbing equipment which will be provided by PP&R.
- Participants responsible for snow school and day-of-climb snacks.

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