



- Day 01** - We meet at *The Fifth Season* in Shasta, CA at 9:00am, in the morning. An introduction and equipment check are the first priorities. Once all together, an hour drive takes us to the trailhead. This afternoon, we put on our packs and hike up to the base of the Hotlum Glacier. After setting up camp; knots, expedition living and equipment analysis are the evening topics. (D)
- Day 02** - We will cover basic climbing techniques in a comprehensive school. The Hotlum glacier provides a great place to cover belaying and repelling. Back at camp, we set about getting ourselves ready for our crevasse rescue practice tomorrow. (B, D)
- Day 03** - We work through crevasse rescue and the principles of glacier travel today. Working through systems, anchor analysis, and managing a rescue; we spend this day becoming familiar with pulling someone out of a crevasse. (B, D)
- Day 04** - Today is our Summit day. We ascend the Hotlum Glacier, utilizing all of the skills we have been working on as we aim for the top of Mt Shasta. Our summit bid starts with an early alpine start, and we then wind our way around crevasses as we head to over 14,000 feet. (B, D)
- Day 05** - This morning, we spend time training nearby camp. After this mornings practice on steep terrain, we pack up and head for the trailhead. Congratulations on a great week! (B)

Our goal is to get you out in the mountains, to learn new skills and embark on new adventures! Please call us at (800) 408-8949 with any questions.

**Itinerary is subject to change. B: Breakfast; L: Lunch; D: Dinner. Initials indicate where meals are included. While on the mountain, lunches are the responsibility of the climber.*