



# Everett Alpine Scrambling Course 2023 Student Handbook



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# INTRODUCTION

Welcome to the Everett Alpine Scrambling community! We look forward to helping you successfully complete this course and pursue a lifetime of adventures in the mountains. In this course you'll learn how to safely travel off-trail and scramble to a variety of beautiful mountain summits. Scrambles involve movement through brush and over steep snow and non-technical rock terrain. This course is a program of volunteer-led classroom and field instructions designed to develop your alpine traveling skills and empower you with the experience necessary to safely scramble countless mountains here in the Pacific Northwest and beyond.

## What is a Mountaineers scramble?

- Off-trail travel with the goal of a mountain summit.
- Scrambles may involve traveling through forests with occasional **thick brush**, on **steep snow** slopes, and along **non-technical rock** terrain. Ropes are not used to ascend any terrain but may be carried by scramble leaders for emergency down-climbing use.
- Technical and Strenuous skill ratings on a scale of 1 to 5, according to difficulty.
- Trips led by Scramble Leaders qualified in leading a group outdoors and off-trail.
- Pace of travel ranging from slow to fast, varied by trip leader and generally dependent on the intended destination.
- Scramble trips with participants who have passed the required Scrambling course.

## Learning outcomes

- **Wilderness skills.** Off-trail route finding, mountain weather, avalanche safety and low-impact recreation.
- **Snow skills.** Ice axe techniques (self-arrest and self-belay), kicking steps, plunge stepping and glissading.
- **Rock skills.** Three points of contact, friction movements, down-climbing techniques and protected down-climbing.
- **Wilderness navigation.** Backcountry and off-trail navigation using a topographic map, altimeter, compass, GPS, and emergency communicators (separate course).
- **Wilderness first aid.** Elementary training for basic medical care in the wilderness using limited supplies and gear to make sound decisions (separate course).
- **Low-impact recreation.** Understanding and practicing the principles of Leave No Trace to enjoy and share our wilderness areas responsibly (separate course).

## Keys to success

- **Preparation.** Be physically and mentally ready!
- **Commitment.** Scrambling requires a positive attitude, as well as time and effort.
- **Conditioning.** Physical fitness is necessary for personal safety and overall enjoyment in the backcountry.
- **Leave no trace.** The Mountaineers is committed to conserving wild places and being environmentally responsible.
- **Teamwork.** Work and stay together; speak up for yourself and others when adjustments or help is needed.
- **Participation.** You are responsible for the safety of yourself and those around you. You will learn and practice from experienced volunteer instructors and will become increasingly self-sufficient with practice. Speak up and participate to ensure safety comes first. Remember that we are a club, not a guide service.
- **Know your limits.** Only sign up for scrambles that are appropriate for your conditioning and comfort level; please connect with the leader if you have any doubt.
- **Read *Freedom of the Hills*.** Not all necessary information is covered in the course and field trips; be sure to read the corresponding sections in the textbook *Mountaineering: The Freedom of the Hills*.
- **Ask questions.** The course leaders and instructors want you to succeed, so seek help and information when needed.

## Contact us

- Question about the Everett Alpine Scrambling course? E-mail our team at: [everettscramble@gmail.com](mailto:everettscramble@gmail.com)
- Question about another course or activity for which you're registered? E-mail the leader shown on the activity page.
- General questions about The Mountaineers? E-mail the club directly at: [info@mountaineers.org](mailto:info@mountaineers.org)
- Need to report a formal, confidential complaint for issues dealing with harassment or discrimination? See the "Responsibilities and Club Policies" section of this handbook.

# ADDITIONAL COURSES AND BADGES REQUIRED TO GRADUATE

## Wilderness Navigation course

Separate course offered by The Mountaineers: online classroom sessions plus an in-person field trip. The course teaches backcountry and off-trail navigation using a topographic map, altimeter, compass, GPS, and emergency communicators.

- **REQUIRED BEFORE ROCK FIELD TRIP** and to continue with the scrambling course.
- There are a limited number of course dates available, so register ASAP.
- Before registering for the course, especially through another Mountaineers branch, make sure the course description says graduates will receive the Basic Navigation Course badge.
- Equivalency may be granted. Visit the [Navigation Equivalency](#) webpage to learn more.
- More information: [Navigation Courses - The Mountaineers](#)

## Wilderness First Aid course

Separate course offered by The Mountaineers: self study, two online classes, one in-person skills day. The course teaches elementary training for basic medical care in the wilderness using limited supplies and gear to make sound decisions.

- **REQUIRED TO GRADUATE** and to continue scrambling with The Mountaineers.
- Basic First Aid and CPR are recommended but not required.
- There are a limited number of course dates available, so register ASAP.
- Before registering for the course, especially if through another Mountaineers branch, make sure the course description says graduates will receive the Wilderness First Aid Course badge.
- Equivalency may be granted if you have one of these certifications: WFR, WEMT, RMAP. Contact the Wilderness First Aid course leaders.
- If you can't get into a Mountaineers WFA course, you can take the course through another provider. Talk to the scramble course leader in this case.
- More information: [First Aid Courses - The Mountaineers](#)

## Stewardship badge

A day of trail work with an organization such as wta.org. Options may include trail work, habitat restoration, tree planting, invasive species removal, etc..

- Find Mountaineers sponsored events using the website (look for the “Stewardship Credit” badge): [Stewardship Activities - The Mountaineers](#)
- Some other volunteering websites:
  - [wta.org/volunteer](http://wta.org/volunteer)
  - [earthcorps.org](http://earthcorps.org)
  - [mtsgreenway.org](http://mtsgreenway.org)
  - [wawild.org](http://wawild.org)
- If volunteering through another organization, contact the Seattle Program Center to get your badge upon completing your stewardship. E-mail [info@mountaineers.org](mailto:info@mountaineers.org)
- More information: [Stewardship - The Mountaineers](#)

## Low-Impact Recreation badge

Watch a few very short videos and then take a quiz to earn the Low-Impact Recreation badge.

- For the videos and quiz, see The Mountaineers website: [Low-Impact Recreation Skills - The Mountaineers](#)

# PRE-COURSE CHECKLIST

- Register for The Mountaineers Wilderness Navigation Course. Must attend and **complete before the Rock Field Trip** in April.
- Register for The Mountaineers Wilderness First Aid Course. Must attend and **complete before October**.
- Plan on completing the Low-Impact Recreation badge, through The Mountaineers, any time **before Lecture 3**.
- Plan on completing the Stewardship badge, through The Mountaineers or another organization, any time **before October**.
- Begin physical conditioning right away.
- Purchase *Mountaineering: The Freedom of the Hills*. We use the 9th edition.
- Update your Mountaineers profile with:
  - The name you prefer to be called (e.g. Steve instead of Steven)
  - The pronouns you prefer
  - Carpool preferences
  - Emergency contact information
  - Photo (optional)
- Discuss The Mountaineers emergency plan with your emergency contact.
- Join “Everett Scramblers - Mountaineers” on Facebook.
- Join “Mountaineers Marketplace” on Facebook, for buying / selling gear.
- Read the “FAQ” section of this handbook.



# GRADUATION REQUIREMENTS

You'll need to complete all five lectures, all four field trips, both additional courses, both additional badges, and three official Mountaineers scrambles (one snow, one rock, and one of your choice).

Expected behaviors for the course and beyond:

- Common courtesy towards other students, instructors and trip leaders
- Contribution to scrambling party teamwork, morale and safety
- Reasonable demonstration of sound judgment and situational awareness
- General behavior that reflects favorably upon mountaineering

Lectures	Date completed
<input type="checkbox"/> Lecture 1	
<input type="checkbox"/> Lecture 2	
<input type="checkbox"/> Lecture 3	
<input type="checkbox"/> Lecture 4	
<input type="checkbox"/> Lecture 5	

Field trips	Date completed
<input type="checkbox"/> Slabs Field Trip	
<input type="checkbox"/> Rock Field Trip	
<input type="checkbox"/> Snow Field Trip	
<input type="checkbox"/> Experience Scramble Field Trip	

Scrambles	Date completed / Peak / Leader
<input type="checkbox"/> Snow	
<input type="checkbox"/> Rock	
<input type="checkbox"/> Snow or Rock	

Additional courses	Date completed
<input type="checkbox"/> Navigation	
<input type="checkbox"/> Wilderness First Aid	

Additional badges	Date completed
<input type="checkbox"/> Stewardship	
<input type="checkbox"/> Low-Impact Recreation	

## Graduation application

- Completed all of the above? Apply for graduation online, under My Courses & Programs > Scrambling Course > Course Material > Graduation Application or by following this link: [https://docs.google.com/forms/d/1RA5YsGAPPyef0b8X0ee1EWO291cBIXzPQPBF4HyLDh8/viewform?ts=5e44e685&edit\\_requested=true](https://docs.google.com/forms/d/1RA5YsGAPPyef0b8X0ee1EWO291cBIXzPQPBF4HyLDh8/viewform?ts=5e44e685&edit_requested=true)
- October 1 is the deadline, but please do not wait until then; apply as soon as you've successfully completed all of the above.

## Pending first aid?

- If it's October and you have met all the requirements except Wilderness First Aid, **you can apply for a graduation extension.** Simply notify us within the application that you've completed the Scrambling course and add the note "Pending first aid."
- Once you have the Wilderness First Aid Course badge on your profile, please follow-up to let us know and become officially graduated.

# COURSEWORK

Required reading, videos, and other homework should be completed **before each lecture**.

Log in to the Google Classroom to view the required pre-recorded videos for each lecture.

## Lecture 1

### *Freedom of the Hills* required reading

- p. 14 – 16: First Steps
- p. 34 – 45: Ten Essentials
- p. 70 – 78: Water and Food
- p. 79 – 89: Physical Conditioning
- p. 90 – 127: Navigation
- p. 505 – 507: Dehydration

### Videos to watch

- Fitness and conditioning
- Food and nutrition
- The Mountaineers' Ten Essentials
- Boots

### Lecture topics

- Orientation, evaluations, and testing
- Expectations and attendance policy
- Navigation course / compass
- Wilderness First Aid course
- What is scrambling?
- Q&A: conditioning, food, ten essentials, boots

## Lecture 2

### ***Freedom of the Hills* required reading**

- p. 17 – 34: Clothing and Equipment
- p. 155 – 163: Knots
  - Overhand knot
  - Water knot
  - Fisherman's bend
  - Double Fisherman's bend
  - Rewoven Figure 8
  - Single Bowline knot
  - Klemheist hitch

Also good to know:

- Girth hitch
- Prusik hitch

### **Videos to watch**

- Knots and ropes
- Harness and protected down-climb technique

### **Lecture topics**

- What goes in my pack and what equipment do I need?
- Clothing, packs, helmet, ice axe
- Mt. Si conditioners
- Q&A: clothing, gear, knots, harness, down-climbing

## Lecture 3

### ***Freedom of the Hills* required reading**

- p. 16: Climbing Code
- p. 128 – 137: Off-trail Travel
- p. 138 – 145: Leave No Trace
- p. 146 – 148: Stewardship and Access
- p. 227 – 236, 248 – 251: Alpine Rock Climbing Techniques

### **Other homework to complete before class**

- Practice knots (refer to Animated Knots website for help learning knots)
- Fit your diaper harness
- Earn the Mountaineers Low-impact Recreation badge (online course)

### **Lecture topics**

- Rock Field Trip logistics
- Rock climbing techniques for scrambling
- Rockfall avoidance
- Volunteer work parties / National Trails Day
- Q&A: rock field trip, knots, harness, low-impact recreation

## Slabs Field Trip

**Location:** Seattle Program Center

**Objectives:** Build familiarity with your boots while scrambling on uneven surfaces; practice knots and rope techniques—in preparation for the Rock Field Trip.

### Topics covered

- Knots
- Diaper harness
- Protected down-climb technique
- Arm rappel and dulfersitz
- Bouldering
- Boulder and talus field travel
- Slabs and friction climbing

### What to bring

- Boots
- Helmet
- Headlamp
- Scramble pack, including the Ten Essentials and required scramble gear
- Clothing appropriate for rock scrambling outdoors
- Protected down-climb kit

### Notes

- Rings and jewelry are prohibited on this and any field trip because they could get caught on something and cause injury.

## Rock Field Trip

**Location:** Sam Hill (Leavenworth)

**Objective:** Practice and apply rock scrambling skills and protected down-climbing.

### Topics covered

- Knots
- Diaper harness
- Use of rope and Klemheist Hitch
- Bouldering
- Navigation field practice
- Rock scrambling
- Slabs and friction climbing
- Rock fall avoidance
- Off-trail travel
- Minimum impact travel

### What to bring

- Scramble pack, including the Ten Essentials and required scramble gear
- Clothing appropriate for rock scrambling outdoors
- Protected down-climb kit
- Lunch and snacks

### *Freedom of the Hills* suggested reading

- Chapter 6: Wilderness Travel
- Chapter 12: Alpine Rock Climbing: p. 227 – 236, 248 – 251
- Chapter 23: Safety
- Chapter 28: Mountain Weather

### Notes

- Rings and jewelry are prohibited on this and any field trip because they could get caught on something and cause injury.
- Ticks are common in the rock climbing areas where we practice. Check yourself and your classmates for ticks several times a day, and particularly at the end of the day. Tuck cuffs into boots or socks.
- Carpooling: If possible, please carpool, preferably three or more persons per vehicle. Parking is limited.

## Lecture 4

### ***Freedom of the Hills* required reading**

- p. 59 – 63: Snow Shelters
- p. 330 – 339: Snow Travel
- p. 340 – 353: Ice Axe Techniques
- p. 366 – 389: Avalanche Safety
- p. 548 – 557: The Cycle of Snow

### **Video to watch**

- Snow travel

### **Lecture topics**

- Rock Field Trip debrief
- Snow Field Trip logistics
- Snow travel
- Ice axe arrest
- Avalanche awareness
- Q&A: snow field trip, snow travel, snow techniques



## Snow Field Trip

**Location:** Varies

**Objective:** Practice steep snow travel skills, proper use of an ice axe, and emergency bivouac.

### Topics covered

- Snow travel practice
- Ice axe techniques
- Glissade techniques
- Avalanche awareness
- Ice axe arrest
- Snow shelters
- Plunge stepping
- Route finding

### What to bring

- Scramble backpack, including the Ten Essentials and required scramble gear
- Ice axe with taped adze and pick
- Helmet
- Clothing: be prepared for sun, snow, rain, and wind.
- Clothing appropriate for practicing self-arrest outdoors (i.e. rain pants and rain jacket)
- Extra gloves, to replace if/when yours get wet
- Lunch and snacks
- Map of the area

### *Freedom of the Hills* suggested reading

- Chapter 16: Snow Travel and Climbing: p. 330 – 353, 360 – 365
- Chapter 17: Avalanche Safety
- Chapter 27: The Cycle of Snow

### Notes

- Waterproof rain pants will make snow sliding a lot more comfortable. A vinyl pair or heavy foul weather gear will work okay for this trip, and is actually recommended over expensive Gore-Tex rain gear for the ice axe arrest practice sessions as it's possible that you may cut or tear rain gear with your ice axe.
- If possible, please carpool, preferably three or more persons per vehicle. Parking is limited.

## Lecture 5

### ***Freedom of the Hills* required reading**

- p. 480 – 492: Leadership
- p. 558 – 567: Mountain Weather

### **Videos to watch**

- Signing up for scramble trips
- Mountain weather

### **Lecture topics**

- Snow Field Trip debrief
- Experience Field Trip logistics
- Search and rescue / handling emergencies / safety procedures
- Scramble trips / class reunion
- Q&A: experience field trip, emergencies. scramble trips

## Experience Scramble

**Location:** Various peaks in the Snoqualmie Pass/Alpental area.

**Objective:** Assessment of scramble skills acquired throughout the course—including ten essentials and gear; safe movement on steep snow and rock terrain; off trail travel; ice axe self-belay, arrest, and glissade skills; route finding and navigation. Demonstrate proficiency and preparedness to continue participating in scrambling activities for the season.

### What to expect

- This is a weekend day scramble that students research and plan.
- Opportunity to register for the preferred location and leader based on activity posting within Course Requirements.
- Demonstrate proficiency in safe travel over steep snow and rock terrain.
- Demonstrate proficiency using an ice axe to glissade.
- Demonstrate proficiency using an ice axe to self-belay and arrest in each position, using either hand.

### Gear to bring

- Scramble pack, including Ten Essentials and required scramble gear
- Clothing appropriate for practicing self-arrest outdoors (i.e. rain pants and rain jacket)
- Extra gloves, to replace if/when yours get wet
- Required map: USGS Snoqualmie Pass
- Optional map: Green Trails Snoqualmie Pass, WA No. 207
- Parking pass is required at this location after the ski area is closed

### *Freedom of the Hills* suggested reading

- Chapter 6: Wilderness Travel
- Chapter 12: Alpine Rock Climbing: p. 227 – 236; 248 – 251
- Chapter 16: Snow Travel and Climbing: p. 330 – 353; 360 – 365

# CONDITIONING

Scrambling is a very strenuous activity. Inadequate conditioning can contribute to a loss of alertness and an inability to respond properly to the demands of the environment. This could prevent a group from reaching the summit or jeopardize party safety. Fitness is safety!

## Preparation

- Be as fit as possible to enjoy the course and maximize your opportunity for success.
- Be prepared to carry a 20- to 25-pound backpack for six to ten miles while gaining 2500 to 5000 feet in elevation.
- People who do lots of running sometimes discover they are not as prepared as they thought for scrambling. Runners use different muscles, rarely wear heavy backpacks, and do not usually gain as much elevation.

## Getting started

- Start your conditioning right now. Go out and hike up some local trails.
- Get out regularly and look for trails with at least five miles round trip and 2,000 feet of elevation gain.
- Work progressively to build leg and core: strength, agility, flexibility and balance.
- Unable to easily get to the mountains? Take advantage of urban locations with lengthy outdoor staircases where you can do laps while wearing your pack.
- Unable to get outside? Find a gym and set the treadmill on a high incline while wearing a heavy pack.
- To increase backpack weight, we recommend you carry extra water (8.4 pounds per gallon) up the hill, then dump the water before descending.

## Goals

- Build up stamina rather than just racing to the top as fast as you can. Not being exhausted on the summit is more important than how quick you got there.
- An indicator of whether you are in relatively good shape is to measure your time up the Mount Si trail to the base of the summit “haystack” (four miles and 3200 feet of elevation) in 2 to 2.5 hours carrying a 20 to 25 pound backpack.



# SCRAMBLE GEAR

Pack the Ten Essentials and Required Scrambling Gear for every trip, unless explicitly told otherwise. Include, at least, the minimum gear you would need to spend an unplanned overnight in the mountains.

## The Ten Essentials

- Navigation: compass and paper map
- Headlamp and extra batteries
- Sun protection (sunglasses, sunscreen, lip balm)
- First aid kit
- Knife (and repair kit)
- Fire: matches and firestarter
- Shelter (and insulated pad)
- Extra food
- Extra water
- Extra clothing

## Required scrambling gear

- Backpack
- Mountaineering boots
- Climbing helmet
- Ice axe
- Protected down-climbing kit
- Clothes/food/water
- Crampons (if required by leader)

## Car kit

- Trailhead parking pass (America the Beautiful Pass, Discover Pass, or Northwest Forest Pass)
- Bag for boots and extra shoes
- Extra clean clothes
- Guards for ice axe pick/spike
- Carpool money (if applicable)

## Suggested gear

When deciding which suggested gear to bring, follow leader recommendations and consider the route. Check avalanche and weather conditions, research recent trip reports, etc..

- Waterproof gaiters
- Altimeter
- Approach shoes
- Bandana/buff
- Bathroom kit
- Camera
- GPS
- Hand warmers
- Insect protection
- Overnight gear for multi day scrambles
- Second headlamp
- Sit pad / insulation pad
- Sock liners
- Sun hat
- Snowshoes
- Traction devices
- Trekking poles
- Umbrella
- Water filter
- Waterproof sacks or backpack water barrier
- Whistle

## The Mountaineers' Ten Essentials

To prevent emergencies and respond positively should one occur:

1. Navigation
2. Headlamp
3. Sun protection
4. First aid
5. Knife and repair kit

To safely spend a night—or more—outside:

6. Fire
7. Shelter
8. Extra food
9. Extra water
10. Extra clothing

### 1. Navigation

#### Topographic map (paper)

- Keep it protected from the rain. Gallon ziploc bags work great.

#### Compass

For mountaineering, a compass must have the following:

- A transparent rectangular base plate with a direction of travel arrow. Transparency is important so that map features can be seen under the compass. The rectangular shape provides straight edges and square angles for plotting and triangulating on the map.
- A transparent circular housing that rotates on the base plate and has lines on the bottom that run parallel to the north-south axis. This feature is necessary for plotting and triangulating on the map.
- A liquid-filled housing to reduce erratic needle movement.
- A housing marked from 0° to 360° in increments of 2° or less. Stay away from “quad” compasses, which are difficult to use because they are marked with 0° to 90° only.

For accuracy and ease of use, these features are highly recommended:

- A movable orienting arrow that facilitates declination adjustment.
- A sighting mirror in the cover. This reduces errors introduced when moving the compass from eye level after sighting to waist level for reading the dial.
- A ruler or gradient scale engraved on one of the edges. Used for measuring distances.
- A 3" to 4" base plate. The long straight edge makes map work easier.

For more information: <https://www.mountaineers.org/learn/how-tos/how-to-buy-a-compass>

## 2. Headlamp

- Bring extra batteries that are fresh.

## 3. Sun protection

- **Sunglasses**
  - Necessary in snow to prevent snow blindness.
  - Should block out most or all UV light.
  - Side shields are recommended.
- **Sunscreen**
  - Necessary in snow, even when it's overcast.
  - Sun will reflect up so apply under your chin, inside your nostrils, etc.
  - Note that sunscreen has an expiration date.
- **Lip balm**
  - Should have SPF.

## 4. First-aid

- You'll learn which items to include during the Wilderness First Aid course.

## 5. Knife (and repair kit)

- Small pocket knife or multi-tool for first aid and emergency use.
- Duct tape. Wrap it around something like a trekking pole or a water bottle.
- Some useful miscellaneous items: zip ties, extra shoelace, cords/straps, etc.
- A sleeping pad repair kit might be useful for overnight trips.
- If your trip has a long bicycle approach, bring a bike/tire repair kit.

## 6. Fire

- Waterproof matches with a dry striker
- Firestarter

## 7. Shelter

- Protects you from the elements, especially rain and wind.
- Examples: Bivy sack, lightweight tarp, small tent, emergency blanket (not a space blanket), insulated pad, etc.



- Emergency blankets are thick and strong whereas space blankets are thin, shred easily and deteriorate over time.
- Insulated pad

## **8. Extra food**

- Additional food that you don't plan to eat unless you spend an unplanned overnight in the mountains.
- This food should require no cooking, be lightweight, and be high in calories (granola bars, cheese, nuts, etc.).

## **9. Extra water (and/or means of purifying water)**

- Bring extra water if there is no water on the route. Check with the trip leader if in doubt.
- Bring means of purifying water if there is water on the route.

## **10. Extra clothing**

- Required if you get wet or must survive the long, cold, inactive hours of an unplanned overnight.
- Clothing appropriate for the weather and conditions:
  - Extra base layer set (top and bottom)
  - Warm cap (a thick one)
  - Extra hiking socks
  - Extra gloves
  - Extra jacket (fleece or puffy)

## Required Scrambling Gear

### Mountaineering boots

- This is the single most important piece of gear since you'll be wearing them all day!
- It's critical to your comfort and safety that you don't try to cut corners by using inadequate footwear.
- For scrambling you want three-season (light-duty) mountaineering boots or heavy-duty backpacking boots.
- Light-duty backpacking boots aren't stiff enough and make scrambling difficult.
- Heavy-duty mountaineering boots (over \$500) can be too heavy, warm and uncomfortable for scrambling.
- Stiff toes are very important to allow you to kick steps in snow.
- Stiff soles with a shank or partial shank are required for edging on rock, walking in snow, and to accept crampons.
- Look at boots in the \$250 to \$450 range.
- Allow adequate time in the store to try on and walk around in several options.
- Your toes should never be able to touch the front of your boots.
- Keep in mind that hiking socks are usually on the thicker side and some people wear sock liners for blister prevention.
- When trying on boots at the store, make sure to wear your thick hiking socks.
- Try to scuff your feet firmly forward, ideally on a downward slope, to make sure your toes never touch.
- Some factory insoles do not provide adequate arch and heel support, so select good replacement insoles and use them when trying on boots as they can drastically alter the fit of the boot.
- Waterproof leather is fine but requires you to re-apply a special treatment from time to time. Gore-Tex boots are waterproof and breathable but are more expensive.
- To clean muddy boots, just let them dry then use a clean brush. Don't use hot water.

## Backpack

- 30L to 40L capacity for day trips
- 50L to 60L capacity for multi-day trips
- Make sure there's a specifically designed method for attaching your ice axe.
- When deciding between backpacks, it's helpful to fill them with weight so you can compare how comfortable they are.

## Food

- Food is energy!
- Plan to snack throughout the day, not just one big lunch on the summit.
- Bring food you like to eat as sometimes you won't have an appetite, but you still need to consume calories.
- Bring more than you anticipate you will eat. There should be extra food at the end of the scramble.
- It will take some trial and error to figure out the quantities and the types of food that work for you.
- Food is calories and calories are heat, so keep eating to stay warm.

## Water

- Bring at least two liters.
- On hot days in the summer you'll want more than two liters.
- Some people like bottles whereas some people like bladders with drinking tubes.
- Start hydrating the night before a scramble and continue drinking water in the morning before the trip.
- On very cold days, bladder drinking tubes can freeze, so when you're done drinking you should blow air back into the tube to remove all the water.
- On really cold days storing water bottles upside down keeps the opening from freezing.

## Clothing appropriate for the weather and conditions

- ABSOLUTELY NO COTTON!

## Waterproof jacket and pants

- This can be helpful as wind protection even on blue sky days.
- Waterproof jacket should be made of a breathable material such as Gore-Tex (some only have a water-resistant coating).
- Waterproof pants: many types to choose from but use a pair you can put on and take off while wearing your mountaineering boots. Required to be breathable, e.g. GoreTex.
- Look for a jacket with a hood large enough to fit over your climbing helmet.

## Mid layers

- Think in terms of layers since it gives you more combinations to regulate your temperature.
- Jackets made of fleece, down, softshells, windbreakers, etc.. Soft shell jackets provide some weather protection but aren't waterproof, so they count as a mid-layer.
- Shorts and pants. Some are stretchy for big steps, some have nice pockets, etc..
- Down is warm and light but to be effective it must stay dry from rain and sweat.
- Wool works especially well for multi-day trips since it doesn't retain odor, but it can be bulky. Wash wool in cold water and on delicate to prevent it from turning into hard felt.
- Lots of options; figure out what works best for you.

## Base layer

- Usually a thin, form-fitting layer that is designed to wick sweat away from the skin.
- Your choice of short sleeves, long sleeves, long underwear, etc.

## Hiking socks

- Wool works great. Always wash wool in cold water and on delicate to prevent it from turning into hard felt.
- Some people like liner socks to help wick sweat and prevent blisters.

## Gloves

- Think about bringing more than one pair as they usually get wet.
- Some are touch screen compatible, some have pockets for hand warmers, etc.

- Mittens are warmer than gloves, but you sacrifice dexterity.
- Lots of options; figure out what works best for you. Consider material, thickness, waterproofness, etc.

### Cap and balaclava/face mask

- A thin cap is nice for when you're hiking, a thick one is good for cold stops or an unplanned overnight.

### Climbing helmet

- Must be UIAA or CE approved for climbing.
- Unacceptable types include bicycle, kayak, motorcycle, snowboard/ski and other non-climbing helmets.
- Protects against rockfall from above and provides some protection in the event of a fall.
- Climbing helmets also have clips around the side to hold a headlamp.
- Should be adjustable enough to fit over a cap.

### Ice axe

- The ideal axe is a general purpose alpine axe with a straight shaft and an adze.
- Specialized ice climbing tools and ultralight trekking axes are not suitable.
- Most scramblers use an axe length between 60cm and 75cm, which is longer than ice climbers want.
- Retail workers will often try to talk you into an axe that's too short. Please ignore their length recommendation and follow the steps below.

Steps to follow to determine a good length:

1. Wear your mountaineering boots.
2. Hold the axe as shown.
3. Stand and relax your shoulders.
4. Grip the axe firmly with your arm relaxed and the end of the axe near the floor.
5. To prevent yourself from leaning over and buying too short of an axe, it may help to hold an axe of the same length in each hand at the same time.



6. When leaning over to look at the axe length, don't allow your hand(s) to lower.
7. The bottom of the axe should be only a couple inches off the ground while wearing your mountaineering boots. If you're wearing shoes with a thinner sole then the axe should be about an inch off the ground.
8. If you are between two sizes then select the longer one.
9. If you are tall, you can buy longer axes online. Some are available in 90cm or longer.

If one of the instructors tells you your axe is not the proper length, you should exchange it for a new one before the Snow Field Trip. This is not a comfort issue; it's a safety issue.

### **Protected down-climbing kit**

The kit is for emergency use only. Scramble leaders carry a rope for emergencies, and the protected down-climb kit allows you to attach to the rope for added protection.

Contents:

- 1-inch webbing (12 feet long) to make a "diaper" harness. Once it's tied, you don't untie it. To resize, just loosen the knot and adjust.
- Locking carabiner
- 5mm cord (6 feet long) for connecting to a rope

### **Crampons (if required by trip leader)**

Although crampons are not required for graduation from the Everett Mountaineers' Alpine Scrambling course, they are required on many Mountaineers scrambling trips offered through all of the branches. Some branches require crampons for their scrambling course. Purchasing your own crampons will broaden the scope of trips in which you can participate, and thus may allow you to complete your graduation requirements more efficiently. Crampon guidance is provided at the Snow Field Trip.

- Used in the spring and summer on hard-packed snow and ice, and in the winter on wind-blown slopes.
- If you're not sure whether you should bring them on a scramble, check with the scramble leader.
- You can rent them from various outdoor stores. See retailer list.
- To ensure a proper fit, be sure to bring your boots when shopping for crampons.
- Crampons with 10+ points, including two horizontal front-points, work great.

- 
- Lightweight aluminum crampons are fine for scrambling, though they are not very durable and get dull quickly. Steel crampons are also acceptable. They are more durable but heavier than aluminum.
  - Full straps for the heel and toe make them more versatile and cheaper. If your boots have crampon grooves you can buy a set with metal bars that lock into the grooves.
  - Purchase crampons that allow you to adjust the length without a screwdriver.
  - Anti-balling plates can be a nice feature in certain snow conditions but aren't required.
  - New crampons are extremely sharp.
  - There are several ways to carry crampons on your backpack and to keep the points from cutting your backpack and other gear: sandwiching a thick foam rectangle, a tyvek bag, or a special crampon bag (costs money and weighs more). Talk with your instructors to figure out what works best for you.

## Car Kit

### Gear for the drive home

- Comfortable clean shoes and socks.
- Water for drinking after your trip and for washing your hands and face.
- Dry clothes so you're not wet and stinky on the drive home—especially nice if you are carpooling.
- Wet gear bag for muddy boots and wet clothes—especially if you are carpooling.

### Parking pass (if driving)

- Most trailheads require a parking pass for each car. Purchasing a daily pass for every trip can add up, so most people buy annual passes.
- If you do not have one, you might be able to carpool with someone who does.
- Buy them online and at stores such as Fred Meyer, REI, Big 5 Sporting Goods, etc..
- America The Beautiful Pass is for national parks entry and national forest trailheads.
- NW Forest Pass is for national forest trailheads.
- Discover Pass is for state parks trailheads (Tiger Mountain, Mailbox Peak, Mt. Si, etc.).

### Carpool money

- Carpooling is always optional.
- If you choose to carpool then bring cash to pay your driver; be generous.
- \$0.14 per mile round trip may be a good starting point for each passenger. Calculate the amount the night before at home so you have appropriate dollars.
- What you pay is not just for gas. It is also for the convenience of not having to drive home when you are tired and it is dark, for the wear and tear to the driver's vehicle, for the dirty mess left in the drivers vehicle, for the risk of theft and damage at the trailhead, etc..

### Spike and pick guard for ice axe

- Prevents scratching the inside of your car—or the driver's car if you are carpooling.



## Suggested Gear

### Waterproof gaiters

- Strongly recommended. Should preferably be breathable material such as GoreTex.
- Used to keep snow, rocks, dirt, etc. out of your boots, and to protect your pants from snagging on crampons.
- Gaiters additionally prevent your boot laces from snagging on vegetation and becoming untied when bushwhacking.
- When buying, make sure they fit properly. They need to be large enough to wrap around your mountaineering boots, but tight enough around the bottom to prevent snow from getting pounded up inside them.
- Tall gaiters are great in the snow—if you buy only one pair then buy tall ones. Short gaiters are nice in the summer.

### Altimeter

- Very useful for navigating and route finding.
- Some \$40 altimeter watches work great.
- You can also use a phone with a free GPS altimeter app. [More information.](#)
- Battery levels can drop quickly, especially in cold weather. Bring backups or a charger.

### Approach shoes

- Especially useful when there's a very long trail before the scramble begins.
- Before wearing them on a scramble, get approval from the trip leader.
- They should have durable, grippy soles such as Vibram or equivalent.

### Bathroom kit

- Toilet paper
- A couple of “blue bags” and/or multiple ziploc bags
- Hand sanitizer
- Hygiene products

## GPS unit

- Is not a substitute for a paper map.
- Can be a standalone unit or a phone app such as Gaia.
- Bring a protective case for non-waterproof phones and GPS units.
- Battery levels can drop quickly, especially in cold weather. Bring backups or a charger.

## Hand and toe warmers

- Great for people who tend to get cold extremities.
- Great for emergencies such as an unplanned overnight.
- Note that they have an expiration date.
- Some gloves have slots for hand warmers.

## Insect protection

- Repellents with DEET work great but can damage plastics and might pose a health risk. Consider other products such as those containing picaridin or lemon eucalyptus oil.
- A head net can be a lifesaver during peak insect season.

## Overnight gear for multi-day scrambles

- Camping gear you'll probably want: sleeping bag, sleeping pad, spoon, etc.
- Camping gear you can share with others in your group: tent, stove, water filter, etc.
- Read the trip's online Leader Notes and the email from the trip leader for specific overnight gear and logistics.

## Second headlamp

- Can be nice if yours breaks or if someone else forgets theirs.
- When night hiking, two lights can be more effective than one. Wear one on your head and carry one in your hand—the contrasting shadows show rocks and steps better.

## Sit pad / insulation pad

- Important insulation barrier between you and the ground, especially on snow.
- Very useful for an unplanned overnight.

- Can be used as a splint for injured limbs.
- Some backpacks have a removable pad that can double as an insulation pad.

### **Sock liners**

- Wick sweat to help prevent blisters.

### **Sun hat**

- Keeps the sun off your head and possibly your neck.
- Instead of a hat, some people wear a thin hoody.
- A baseball hat works for your face but doesn't protect your neck.

### **Snowshoes (winter scrambles)**

- Get aggressive snowshoes with large crampon teeth and lateral teeth on the sides.
- Some models have a heel lift, which can be more comfortable when ascending.
- Avoid tube-frame styles since those usually don't have lateral teeth.
- Snow in our local mountains isn't usually dry powder, so you don't need long snowshoes based on the manufacturers' weight recommendations. Usually you want the shortest ones. Shorter snowshoes are much safer when descending.
- Talk with a few instructors about the type they prefer.

### **Traction devices**

- Used to travel along icy trails.
- They need to be rugged. Beware of inexpensive ones.

### **Trekking poles**

- Helpful for balance and support on ascents, and reducing impact to knees on descents.
- Useful for stream crossings.
- Some people use two poles, some people use one, others use none, and others prefer an ice axe instead.
- Poles that collapse into a small package are less likely to snag on branches when attached to your backpack.

## **Umbrella**

- Great when you know you'll be on a trail for a long time in the rain.

## **Water filter**

- Needed on some long scrambles. Check with the trip leader.
- Some filters require pumping, some require squeezing, and some let gravity do the work. The latter are great at camp but too slow during a hike.
- Iodine tablets are fine for emergencies but are slow to sterilize.
- Be aware that some lakes or streams shown on maps may be seasonal or inaccessible.

## **Waterproof sacks or backpack water barrier**

- Most backpacks are not waterproof, so you need to come up with a solution to keep the contents dry in the rain and when setting your pack down in the snow.
- Pack cover fits on the outside. It provides additional protection, but heavy rain will still find a way in. Be sure to check if the cover fits over your ice axe.
- Pack liner goes inside of your backpack. Its contents stay dry even if water (or wet gear) gets in the pack. A trash compactor bag works well.
- Large ziploc bags work well to keep specific items dry.

## **Whistle**

- For emergency signaling (three blasts).
- Some backpacks have built-in whistles but often they are too quiet and inaudible in rugged terrain, so consider purchasing a louder one.

# PURCHASING GEAR

## Shopping tips

- **Do not buy new gear until after you've attended the gear lecture** since you will receive a lot of information at the lecture to help you make better buying decisions.
- Read chapter 2 (“Clothing and Equipment”) in *Freedom of the Hills*
- Decide what works best for you based on factors such as cost, weight, availability, features, etc.
- Ensure proper fit and comfort since you'll be using this gear all day, in sometimes-difficult conditions.
- Some gear can be rented: crampons, ice axe, climbing helmet, snowshoes.
- Members of The Mountaineers receive [special discounts and benefits](#).

## Some stores (this is not an endorsement)

Arc'teryx	<a href="http://arcteryx.com">arcteryx.com</a>	
Ascent Outdoors	<a href="http://ascentoutdoors.com">ascentoutdoors.com</a>	Seattle, Surplus, Rentals
Backcountry	<a href="http://backcountry.com">backcountry.com</a>	
Bentgate	<a href="http://bentgate.com">bentgate.com</a>	
Big 5 Sporting Goods	<a href="http://big5sportinggoods.com">big5sportinggoods.com</a>	
Campmor	<a href="http://campmor.com">campmor.com</a>	
Eastern Mountain Sports	<a href="http://ems.com">ems.com</a>	
Eddie Bauer / First Ascent	<a href="http://eddiebauer.com">eddiebauer.com</a>	
Feathered Friends	<a href="http://featheredfriends.com">featheredfriends.com</a>	Seattle, Rentals
Federal Army & Navy Surplus	<a href="http://gr8gear.com">gr8gear.com</a>	Seattle, surplus
Hilleberg the Tentmaker	<a href="http://hilleberg.com">hilleberg.com</a>	Redmond
McHale Custom Backpacks	<a href="http://mchalepacks.com">mchalepacks.com</a>	Seattle
MEC	<a href="http://mec.ca">mec.ca</a>	

Miyar Adventures	<a href="http://miyaradventures.com">miyaradventures.com</a>	Woodinville
Moosejaw	<a href="http://moosejaw.com">moosejaw.com</a>	
Mountaineers Marketplace	<a href="https://www.facebook.com/groups/377304859047281">facebook.com/groups/377304859047281</a>	The Mountaineers, Used
Nate's Surplus Army/Navy		Seattle, surplus, 206-767-4950
North Face	<a href="http://thenorthface.com">thenorthface.com</a>	
Outdoor Research	<a href="http://outdoorresearch.com">outdoorresearch.com</a>	Seattle, Rentals
Patagonia	<a href="http://patagonia.com">patagonia.com</a> , <a href="http://wornwear.patagonia.com">wornwear.patagonia.com</a>	New, Used
Play It Again Sports	<a href="http://playitagainsports.com">playitagainsports.com</a>	Used
Pro Mountain Sports	<a href="http://promountainsports.com">promountainsports.com</a>	Seattle
REI	<a href="http://rei.com">rei.com</a> , <a href="http://rei.com/used">rei.com/used</a>	Rentals, Used
Sierra Trading Post	<a href="http://sierratradingpost.com">sierratradingpost.com</a>	
Steep & Cheap	<a href="http://steepandcheap.com">steepandcheap.com</a>	Clearance
Summit Hut	<a href="http://summithut.com">summithut.com</a>	
Tarptent	<a href="http://tarptent.com">tarptent.com</a>	
Wilderness	<a href="http://wildernessoutdoorstore.com">wildernessoutdoorstore.com</a>	Bainbridge Island
Zpacks	<a href="http://www.zpacks.com">www.zpacks.com</a>	

### Some repair shops (this is not an endorsement)

Chick's Shoes	<a href="http://chicks-shoes.com">chicks-shoes.com</a>	Mercer Island, boots
Dave Page Cobbler	<a href="http://davepagecobblers.com">davepagecobblers.com</a>	Seattle, boot and shoes
Rainy Pass Repairs	<a href="http://rainypass.com">rainypass.com</a>	Seattle

# FIELD TRIP INFORMATION

## PRE-TRIP CHECKLIST

Before every field trip or scramble:

- Review the “Coursework” and “FAQ” sections of this handbook.
- Read associated chapters from *Freedom of the Hills* to get better acquainted with the.
- Reference the packing list to ensure you have everything.
- Read the Leader Notes for the activity on the Mountaineers website.
- Arrange carpooling the week prior using the roster tab on the activity page.
- Check the mountain weather and recent trip reports, specific to where you are headed.

## FIELD TRIP SKILLS EVALUATION

At the rock, snow, and experience scramble field trips, instructors will use an evaluation form to record your progress and accomplishment of the various skills being taught. You will be evaluated on:

- Skills taught
- The Ten Essentials
- Overall

**Specific skills** are practiced at each field trip. A checklist serves as a guideline for the skills that will be covered. Instructors are asked to make honest evaluations of each student’s skill level. Your skills evaluation serves as the starting point to further enhance your scrambling abilities and enjoyment.

The **Ten Essentials** are reviewed at each field trip. You must know and carry all ten. Be prepared to show your instructors your gear.

The **Overall** section of the checklist covers aspects such as conditioning, confidence, group awareness, attitude, and participation in route finding. These are subjective characteristics. Your instructors are looking for qualities that are beyond physical skills—those that play an equally important part in making a competent, confident scrambler and member of a scramble party.

# THE MOUNTAINEERS' EMERGENCY PLAN

The Mountaineers scramble trips are planned with safety as the foremost concern; however, accidents do happen so please be sure to have an emergency contact person assigned to your Mountaineers' profile. On rare occasions things go wrong and The Mountaineers may call your emergency contact person to pass along important updates about your safety and location.

Occasionally a scramble trip may be very late getting home or may be forced to spend an unplanned overnight in the mountains and not return until the following day. Do not promise friends and loved ones that you will be home by a certain time and do not commit to something the same evening following a trip.

The Mountaineers has an emergency line available 24/7 for calling and reporting overdue Mountaineers' trips—they will coordinate action with 911 and rescue authorities. **The number is (206) 521-6030.**

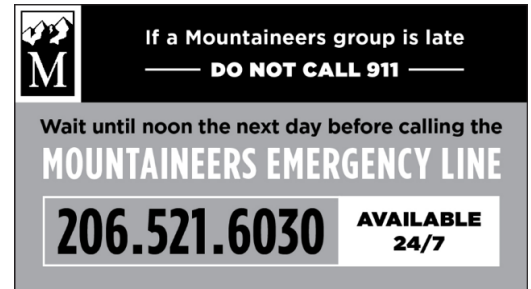
If you are overdue, **your emergency contact should call The Mountaineers emergency line, not 911.** This is to prevent multiple people from calling 911 about the same incident.

## Your steps

- **Update your emergency contact person on the website**—it should not be a person you scramble with.
- When going on scrambles with The Mountaineers, let your emergency contact person know your latest return time—which is always **noon the day after your scramble**. For example, if you're going on a Saturday scramble then tell them to call the Mountaineers Emergency Line if you're not back by Sunday at noon.
- It's your responsibility to educate your emergency contact person of this procedure and **make sure they don't call 911**—give them the card above, or send them an email.
- **If you're on a trip and there's a safety incident, call 911.** Even if your cell phone shows that it has no reception, try 911 anyway since all cell phones will send a boosted signal if it's 911. Do not call the Mountaineers Emergency Line in this case.
- After your scramble, let your emergency contact person know you've returned safely.

## Your emergency contact person's steps

- If you're not back by noon the day after your scramble, your emergency contact should **call the emergency line at (206) 521-6030**—they should never call 911 directly.
- The Mountaineers Emergency Line can also be found on The Mountaineers website: [mountaineers.org](http://mountaineers.org) > "Contact Us" link at the bottom of the page.





# RESPONSIBILITIES AND CLUB POLICIES

## Harassment and anti-discrimination

The Mountaineers is committed to maintaining an environment that is free of verbal, physical and visual forms of harassment so that everyone can enjoy our club activities in a productive, respectful and fun environment.

- The Mountaineers does not allow harassment of any kind by one member towards another. This includes harassment based on: gender, sexual orientation, race, color, national origin, religion, age, disability, or marital or veteran status.
- The Mountaineers is committed to an anti-discrimination policy in its programs and services.
- The Mountaineers does not discriminate based on: race, religion (creed), color, ethnicity, national origin (ancestry), religion, sex, sexual orientation, gender expression, age, disability, veteran status, military obligations, immigration status and marital status.

## Alcohol, marijuana and other drugs

Alcohol and other drugs are not allowed before or during scrambling activities.

- Alcohol and other drugs can affect your ability, judgment, and safety—this can also affect group safety.
- Even though marijuana is legal in Washington State, it is still illegal on federal land, which includes most of the mountain areas where you will be scrambling—bringing marijuana on scrambles is not allowed.

## Firearms

Firearms or any other items that will impair the safety or enjoyment of others are not to be brought on The Mountaineers premises or taken on any club activities.

## Additional policies

The full list of [The Mountaineers policies](#) is located here: [mountaineers.org](#) > search for “board policies”

## Reporting an issue

Use this website form to file a formal confidential complaint about any issues: [mountaineers.org](#) > In the top header search for “[Behavioral Complaint Form](#)”

## The Mountaineers Climbing Code

This code provides safeguards and helps prevent misjudgments. Mountaineering accidents could have been avoided, or their effects minimized, if these simple principles had been followed:

- Leave the trip itinerary with a responsible person.
- Carry the necessary clothing, food and equipment.
- A climbing and scrambling party of three is the minimum, unless adequate prearranged support is available.
- Keep the party together and obey the leader or majority rule.
- Never climb beyond your ability and knowledge.
- Never let judgment be overruled by desire when choosing a route or deciding whether to turn back.
- Follow the precepts of sound mountaineering as set forth in books of recognized merit.
- Behave in a manner that reflects favorably upon mountaineering, including adherence to Leave No Trace principles.

# FAQ

## Scramble categories

### Snow scrambles:

- Traditionally begin on or after April 1 during spring and early summer.
- Involve significant snow travel.
- Require an ice axe and climbing helmet.
- Not to be confused with “winter scrambles.” A snow scramble can be on a sunny 70°F day in June or July.
- Note: students can register for snow scrambles with their student badge; however, the scramble must be after the Snow Field Trip. Plan on completing your snow scramble requirement as soon as possible since the snowpack can be unpredictable.

### Rock scrambles:

- Traditionally begin after the snow melts and end on October 31 before winter season.
- Involve significant off-trail travel over rock (scree, boulders, blocky outcroppings, low angle slabs, etc.).
- Note: students can register for rock scrambles with their student badge; however, the scramble must be after the Rock Field Trip.

### Winter scrambles:

- Traditionally begin on or after November 1 and end around March 31; otherwise known as the winter season.
- Only scrambling course graduates are eligible—no students.
- Involve colder weather and significantly shorter daylight hours, which are more challenging to deal with.
- Avalanche safety is generally a higher concern.
- Backpack weight is significantly higher due to snowshoes, crampons, shovel, warmer clothes, more emergency overnight clothes.

## Strenuous (S) and Technical (T) scramble ratings

Strenuous and technical difficulty ratings on the website range from 1 (easier) to 5 (challenging). This does not correspond to any other climbing rating or class. This is a separate system created by The Mountaineers specifically for rating scrambles.

### Strenuous Level (S):

- An objective rating based solely on trip mileage and elevation gain.
- Most scrambles list the mileage and elevation gain, so you may be better off referencing those instead.
- Does not take into account the pace, terrain, temperature, etc.
- Examples:
  - An S3 scramble on a 100°F day may feel like an S5 trip.
  - A really fast paced S3 scramble may feel like an S4 trip.

### Technical Level (T):

- A subjective rating based on technical movement difficulty and exposure.
- Does not consider the route conditions (wet rocks, snow level, wind, visibility, ice, etc.).
- One T4 scramble may seem easy to you but another T4 scramble may scare you.
- A fall with low exposure would not be serious, but a fall with high exposure would be disastrous.
- Examples:
  - A T3 rock scramble could be rated T4 if the rock happens to be wet.
  - A T4 rock scramble might have hard technical moves that are only five feet off the ground (high difficulty, low exposure).
  - Another T4 rock scramble might be an easy trail along a very narrow ridge (low difficulty, high exposure).

## Registering for a scramble

- Search for scrambles on The Mountaineers website: [mountaineers.org](http://mountaineers.org) > Explore > Find Activities > “Scrambling” checkbox > On the trip listing, click “Register”
- Only sign up for scrambles within your level of ability.
- Only sign up during the sign-up window. Each trip listing displays when the window opens and closes.
- Read the trip’s online Leader Notes since some scrambles are only for specific participants.
- You are free to sign up for scrambles with other Mountaineers branches.
- Some trips fill up quickly, so if there’s a trip you really want to do then put a reminder in your calendar for the sign-up time.
- If a scramble is full, you can join the waitlist. Often participants will cancel and you’ll get on the scramble. See the “FAQ” section of this handbook on waitlists.
- Check the website often since scrambles are added daily and often with only a week’s notice. Also see the “FAQ” section of this handbook on new trip email notifications.
- Occasionally a scramble will be “Leader Permission Required” meaning you can’t sign up until after you have written approval from the scramble leader. Click the “Request Leader’s Permission” link to send an email.

## Canceling from a scramble

- Cancel off a trip as soon as possible, especially if there is a waitlist.
- Canceling at the very last minute is inappropriate. Only cancel last minute when absolutely necessary.
- Never be a no-show, otherwise everyone will be waiting for you at the trailhead. Multiple no-shows may jeopardize your future scramble signups.
- Cancel off a trip if you’re sick or have an injury that could limit you on the scramble, otherwise you may slow down the group too much or cause a group safety issue.
- If the sign-up period is still open, cancel yourself by clicking “Cancel” on the trip listing.
- If the sign-up period has closed, contact the scramble leader to cancel.

## Waitlists

- If a scramble is full, you can join the waitlist. Often participants will cancel and you will get on the scramble.
- If you are on the waitlist then be prepared to go on the scramble because you may get onto the scramble at the very last minute.
- If you're on a waitlist but can no longer go on the scramble, or you want to make other plans instead, then please cancel off the waitlist as soon as possible as a courtesy to those after you on the waitlist.
- You can check your position on the waitlist in the Activities section of your profile.
- If the scramble you want to get on is full, look for other scrambles happening on the same day. A peak you have never heard of may turn out to be a wonderful adventure.

## New trip e-mail notifications

- Be among the first to know when a scramble leader lists a new scramble on the website by signing up to receive notifications in your Mountaineers profile.
- You can also join The Mountaineers Google Group and get a daily email containing new activities: <http://mountaineers-events.appspot.com>
- Another method is to install The Mountaineers phone app, which allows you to save custom searches and get notifications for new activities.

## Carpools

- Set your preference on your Mountaineers profile. Carpooling is always optional.
- Obviously carpooling is good for the environment, but it's also helpful since some trailheads have limited parking.
- Scrambling course field trips have large groups, so carpooling is particularly important for us. You will receive emails before your field trips regarding carpooling logistics.
- If you are a carpool rider, make sure to bring money for your driver. See the “Car Kit” section of this handbook for more about carpool money.

## Weather and road conditions

Mountain weather forecasts:

- [www.mountain-forecast.com](http://www.mountain-forecast.com)
- [www.weather.gov](http://www.weather.gov)
- Tip: on a scramble listing, click “full route/place details” then “weather forecast.”

General weather forecasts:

- [www.accuweather.com](http://www.accuweather.com)
- [www.wunderground.com](http://www.wunderground.com)

Avalanche forecasts:

- [nwac.us](http://nwac.us)

Trail and forest road conditions:

- [wta.org](http://wta.org)
- [www.fs.fed.us](http://www.fs.fed.us)
- [peakbagger.com](http://peakbagger.com)

Road conditions and cameras:

- [wsdot.com/traffic/passes](http://wsdot.com/traffic/passes)

Mountain cameras:

- Mt Rainier has an entire webcam page from all around the park.
- Check ski resorts, etc.

## Frame of mind while on scrambles (expedition behavior)

- Scrambling is a team activity. You will need to work together and rely on each other. Be committed to the group’s goal.
- Be humble and approach situations assuming you may learn something and improve.
- Arrive at the trailhead prepared. Research the route ahead of time, bring all necessary equipment, be in good physical condition, and be mentally prepared for the day.
- You are an active participant in the group. The Mountaineers is not a guide service. That means you should always speak up if you have a concern, make safety your number one priority, make sure everyone in your group is accounted for, and help someone if you see them struggling.

- You are responsible for your own safety and well-being at all times. If you think something is unsafe then please speak up.
- If your pace is a lot faster than the rest of the group, resist going far ahead of everyone. Instead, stay with the team and offer to help slower scramblers by taking some of the weight out of their backpacks, or stay in front and help with route finding.
- When you get to the summit you should still have 50% or more of your energy remaining. Otherwise you may not have the energy needed to get back safely, which could compromise group safety. Monitor your own physical and mental state and its impact on the group.
- Do not make summiting your goal. That way you won't be tempted to sacrifice safety just to reach the summit.
- A successful scramble does not mean you reached the summit. Successful means everyone made it home safely and had a good time—focus on the success of the group.

## Low-impact recreation reminders

Pack it in, pack it out.

- Toilet paper and feminine hygiene products: always pack it out, never bury it.
- Solid human waste above tree line: always pack it out, never bury it.
- Solid human waste below tree line: either pack it out or bury it in a small hole dug six to eight inches deep in dirt (not snow) and at least 200 feet from water, campsites and trails. Never bury toilet paper or feminine hygiene products.
- Pack out all trash and leftover food (includes fruit and vegetable peels, seeds, etc.).

Leave no trace.

- Leave rocks, plants and other natural objects as you find them. Do not add rock cairns or flagging.
- In popular areas: use trails and never cut switchbacks. Walk in the middle of trails even when muddy.
- In pristine areas: when off-trail, spread out to prevent the creation of new trails.



## Graduation—which scrambles count?

- You need three scrambles to graduate:
  - One snow scramble
  - One rock scramble
  - The third scramble can be rock or snow
- Experience Field Trip summits do not count.
- Reaching the final destination is required. If you turn around 200 feet below your destination for any reason, then that summit doesn't count. Usually the destination is the summit of a peak but there are a few exceptions, such as Camp Muir.
- Scrambles must be led through The Mountaineers. Private scrambles do not count.
- Conditioning hikes do not count.
- All three scrambles must be completed in a safe and competent manner.

### How do I know whether my scramble was rock or snow?

Your scramble leader will decide if there was enough snow to qualify as a snow scramble or enough rock to qualify as a rock scramble. Some scrambles may be neither a snow scramble nor a rock scramble, in which case it could still count as your third scramble.

## Coursework makeups for workshops and field trips

- You must attend all lectures and field trips in order to graduate as makeup options are very limited.
- If you're unable to attend any dates for a lecture or field trip then let us know as soon as possible by emailing [everettscramble@gmail.com](mailto:everettscramble@gmail.com)

## Logging trips on [peakbagger.com](http://peakbagger.com)

- There are many ways to keep track of the scrambles you've done, but one of the neatest methods is to record your trips on [peakbagger.com](http://peakbagger.com).
- The website has all of the summit lists (such as 100 peaks in MRNP, the Snoqualmie 20, etc.) and as you log your summits it will display your progress within them.
- This is also handy as a sort of climbing résumé, allowing you to send a link to your [peakbagger](http://peakbagger.com) profile to trip leaders so they can see if you're a good match for their trips. Some people even put a link to their [peakbagger](http://peakbagger.com) profile on their Mountaineers profile.

# WHAT'S NEXT

When you've graduated from the Alpine Scrambling course, there are many paths you can follow based on your interests.

## Go on trips in the summer

- **Scrambles (April – October).** Continue enjoying these!
- **Hikes.** Everyone can sign up for these.

## Go on trips in the winter

- **Winter scrambles (November – March).** These are very different from summer scrambles; see the “FAQ” section of this handbook on Winter Scrambles.
- **Snowshoeing trips.** Scrambling course graduates are qualified to sign up for any snowshoeing trip. These range from basic trips ending at a frozen lake to backcountry trips with snowy peak destinations requiring ice axes (they teach ice axe arrest in the Backcountry Snowshoe course).

## Take additional courses within The Mountaineers to advance your skills

- **Basic Alpine Climbing course.** An involved course learning how to belay, climb glaciers, and second/follow on rock. This course can also be taken as three separate smaller courses:
  - Scrambling course: congratulations, you're already done with this component!
  - Glacier Travel course: see below.
  - Introduction to Alpine Rock course: see below.
- **Glacier Travel course.** This is a component of the Basic Alpine Climbing Course. You will learn how to safely climb glaciers while roped up and have the opportunity to climb Mt Rainier and Mt Baker, amongst others.
- **Introduction to Alpine Rock course.** This is a component of the Basic Alpine Climbing Course. You will learn how to be a second/follow on rock climbs.
- **Winter Camping course.** This course will teach you how to build and spend the night in a snow cave.
- **Avalanche and AIARE courses.** There's a short course on avalanche awareness and a much more advanced AIARE Level 1 course.

## Instruct or volunteer

- The Mountaineers always pairs up new instructors with experienced instructors.
- To sign up, just find the course you want to help with and sign up as an instructor.
- **Scramble course instructor.** Next year you can instruct at any of the field trips. This helps cement the skills you learned as a student.
- **Scramble committee.** Join the committee to help shape the direction of future Scrambling courses.
- **Snowshoe course instructor.** Instruct at the field trips. It is also a great way to practice ice axe arrest again.
- **Wilderness Navigation course instructor.** Help at the workshop or the field trip. Doing both will renew your Basic Navigation Course badge for another three years.
- **Wilderness First Aid patient.** Be one of the accident victims for the scenario part of the Wilderness First Aid Course.
- **Leadership.** The Mountaineers offers a great Outdoor Leadership Workshop. It is open to all and strongly recommended for anyone possibly considering becoming a trip leader within The Mountaineers.

## POPULAR SCRAMBLES

- This is a small sample of the popular scrambles that may be a good starting point for your adventures.
- Each year there are 250 – 300 scrambles led through The Mountaineers.
- Scrambles are offered by other Mountaineers branches, not just Everett—you can sign up for any of them unless the leader has specified otherwise.
- Begin with a moderate scramble and slowly build up to increasing difficulty.
- Many summer scrambles can be snow or rock—it depends on the conditions. See the “FAQ” section of this handbook on categories of scrambles.
- Scrambles on the website are rated with S and T ratings for strenuous and technical difficulty. See the “FAQ” section of this handbook on S and T ratings.
- Read about every Mountaineers scramble destination in more detail (mileage, difficulty, etc.) at: [mountaineers.org](http://mountaineers.org) > Explore > Find Routes & Places > filter on “Scrambling.”

### Moderate

Mt Ararat	Snow or Rock
Bean Peak	Rock
Camp Muir and Anvil Rock	Snow
Copper and Iron Mountains (Mt Rainier)	Rock
Cowboy Mountain	Snow
Earl Peak	Snow or Rock
Mt Ellinor (route 1)	Snow
Esmeralda Peak (west peak)	Rock
Hawkins Mountain	Snow or Rock
Humpback Mountain	Snow or Rock
Iron Peak and Teanaway Peak	Snow or Rock
Lichtenberg Mtn	Snow or Rock
Mt Pilchuck (East Ridge)	Snow or Rock
Putrid Pete’s Peak	Rock
Snoqualmie Mountain	Snow or Rock
Vesper Peak	Snow or Rock

### Difficult

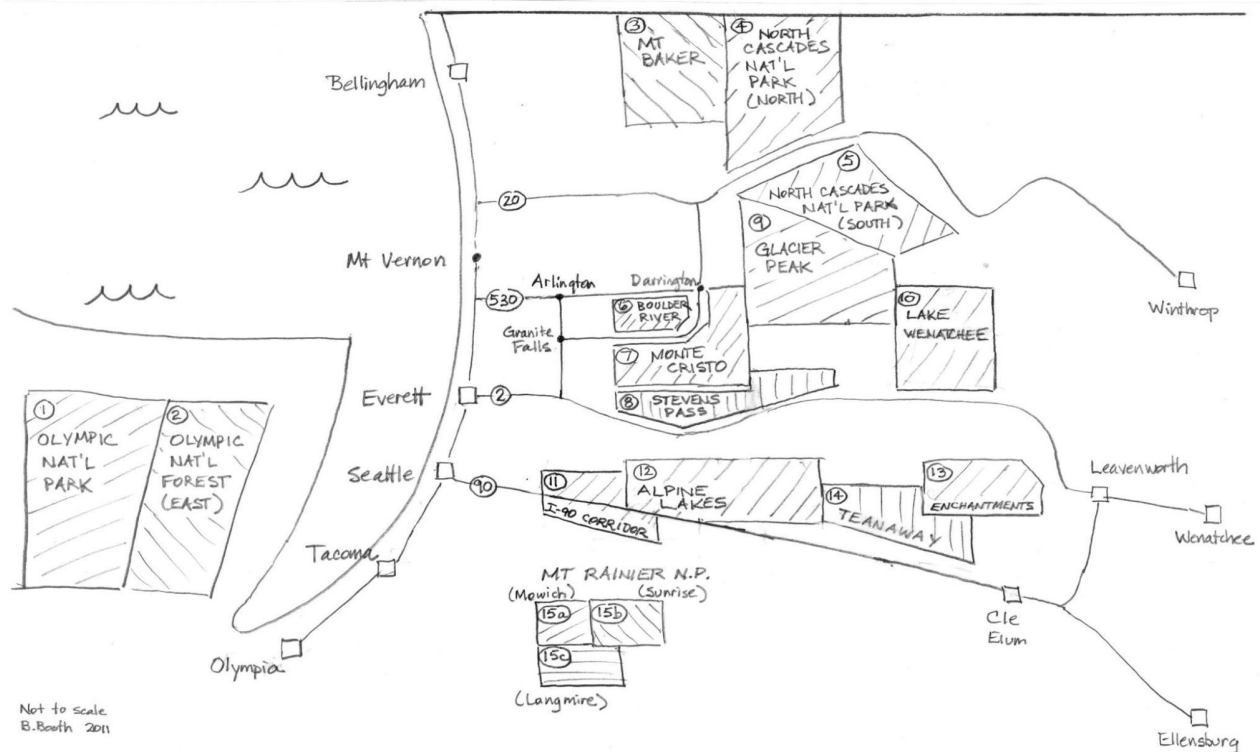
Barrier Peak and Tamanos Mountain	Rock
Cashmere Mountain	Snow or Rock
Grindstone Mountain	Snow or Rock
Gothic Peak	Snow or Rock
Hibox Mountain	Rock

Kaleetan Peak (South Ridge)	Rock
Mt Ruth (Mt Rainier)	Snow
Silver Peak, Tinkham Peak, and Abiel Peak	Rock
Wedge Mountain	Rock

**Challenging**

Mt Baring (Northwest Ridge)	Snow or Rock
Governors Ridge and Barrier Peak	Rock
Merchant Peak	Rock
Mt Stuart	Snow or Rock
Volcanic Neck	Rock

Common Scrambling Trips – Geographic Locations



## Common Scramble Trips—Geographic Locations List

- |                             |                    |                    |                               |
|-----------------------------|--------------------|--------------------|-------------------------------|
| 1. Olympic National Park    | 7. Monte Cristo    | 11. I-90 Corridor  | 14. Teanaway                  |
| • Angeles                   | • Vesper           | • Granite (I)      | • Hawkins                     |
| • Carrie                    | • Sperry           | • Bandera          | • Esmeralda                   |
| • Boulder                   | • Gothic           | • Pratt            | • Stuart                      |
| • Appleton                  | • Del Campo        | • Defiance         | • Ingalls                     |
| • Deception                 | • Pugh             | • Silver           | • Fortune                     |
|                             | • White Chuck      | • Tinkham          | • Bill's Peak                 |
| 2. Olympic Nat'l Forest (E) | • Bedal            | • Abiel            | • Earl                        |
| • Ellinor                   | • Cadet            | • McClellan Butte  | • Bean                        |
| • Buckhorn                  | • Monte Cristo     | • Kent             | • Iron (II)                   |
| • Townsend (I)              | • Pilchuck         | • Humpback         | • Volcanic Neck               |
| • The Brothers              | • Baldy            | • Teneriffe        | • Navajo                      |
| • Bretherton                |                    | • Mailbox          |                               |
| • Stone                     | 8. Stevens Pass    |                    | 15a. Mt Rainier NP (Mowich)   |
| • Skokomish                 | • Lichtenberg      | 12. Alpine Lakes   | • Fay                         |
| • Gray Wolf Ridge           | • Labyrinth        | • Snoqualmie       | • Castle (I)                  |
|                             | • Howard           | • Guye             | • First Mother                |
| 3. Mt Baker                 | • Mastiff          | • Kendall          | • Hessong                     |
| • Yellow Aster Butte        | • Arrowhead        | • Denny            | • Echo                        |
| • Coleman Pinnacle          | • Jim Hill         | • Red (II)         | • Observation                 |
| • Church                    | • Townsend (II)    | • Kaleetan         |                               |
| • Goat                      | • Eagle Rock       | • Bryant           | 15b. Mt Rainier NP (Sunrise)  |
| • Ann                       | • Baring           | • Alta             | • Ruth                        |
| • Hannegan                  | • Merchant         | • Rampart Ridge    | • Goat Island                 |
| • Tomyhoi                   | • Persis           | • Granite (II)     | • Barrier                     |
| • Park Butte                | • Index            | • Trico            | • Tamanos                     |
|                             | • Iron (I)         | • Daniel           |                               |
| 4. North Cascades NP (N)    | • Spark Plug       | • Chikamin         | 15c. Mt Rainier NP (Longmire) |
| • Trappers                  |                    |                    | • Pinnacle                    |
| • Oakes                     | 9. Glacier Peak    | 13. Enchantments   | • Castle (II)                 |
|                             | • Green            | • Cashmere         | • Wow                         |
| 5. North Cascades NP (S)    | • Hurricane        | • Colchuck         | • Eagle                       |
| • Lookout                   |                    | • Dragontail       | • Chutla                      |
| • Hidden Lake               | 10. Lake Wenatchee | • Grindstone       | • Wahpenayo                   |
| • Snowking                  | • Dirtyface        | • Little Annapurna |                               |
|                             | • Maude            | • Wedge            |                               |
| 6. Boulder River Wilderness | • 7 Fingered Jack  |                    |                               |
| • Three Fingers             | • Carne            |                    |                               |
| • Forgotten                 | • David            |                    |                               |
| • Stillaguamish             | • Fortress         |                    |                               |
| • Higgins                   | • Chiwawa          |                    |                               |
| • Jumbo                     | • Red (I)          |                    |                               |
| • Round                     | • Longfellow       |                    |                               |

# EVERETT MOUNTAINEERS ALPINE SCRAMBLING AWARDS

**Purpose:** Encourage graduates of the Everett Alpine Scrambling course to continue participation in Alpine Scrambling and other activities of The Mountaineers.

- Award applicants shall be qualified Mountaineer Alpine Scramblers.
- Award applicants shall be active members of The Mountaineers at the time of all qualifying trips.
- Qualifying trips shall follow completion of the requirements for Everett Alpine Scrambler qualification.
- Qualifying trips shall have a minimum of three people, at least two of which must be members of The Mountaineers.
- Each qualifying trip may be listed once for the Peak Group Award and once for the Elevation Gain Award.
- Maximum of one award presentation per person for each award level.

## Peak Group Award

Provide recognition for successful attainment of summits only from the Everett Scramble List or be an official Mountaineer trip.

- Hat of a different color for each group embroidered on the front with a Mountaineers logo, “Everett Alpine Scrambles,” and the appropriate peak group name: Challenge Group, Adventure Group, or Endurance Group.

## Elevation Gain Award

Provide recognition for accumulated elevation gains from alpine scrambling, climbing, snowshoeing, hiking, and backpacking.

- Successful arrival at the destination of a summit is not required, but only the elevation gain actually reached shall be included.
- Bandanna of a different color for each level, screen-printed with a Mountaineers logo and the level achieved: 100,000 Feet, 250,000 Feet, 500,000 Feet, 750,000 Feet, or Mega Mountaineer.

## Leader hats

Provide recognition of Alpine Scramble leaders.

- Presented by the Alpine Scramble committee to current Alpine Scramble leaders.
- Shall be worn only by Alpine Scramble trip leaders.
- Hat of a unique color embroidered on the front with a Mountaineers logo, “Everett Alpine Scrambles,” and “Leader.”

## Everett Mountaineers Alpine Scrambling Award Application

Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

### Peak Group Awards

Complete five scrambles per award. Attach your list of qualifying trips with columns for destination, rating, and date.

- Challenge Group (any five snow and/or rock Alpine Scrambles rated S1T1 to S3T3)
- Adventure Group (any five snow and/or rock Alpine Scrambles rated S3T4 to S5T4)
- Endurance Group (any five snow and/or rock Alpine Scrambles rated S5T5)

### Elevation Gain Awards

Accumulated elevation from scrambling, snow shoeing, climbing, hiking, and backpacking. Attach your list of qualifying trips with columns for destination, elevation gain, and date.

- 100,000 Feet
- 250,000 Feet
- 500,000 Feet
- 750,000 Feet
- Mega Mountaineer (1,000,000 feet)

I declare the information provided for this award is true, correct, and complete in compliance with the rules and policies regarding The Everett Mountaineers Alpine Scrambling Awards.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Submit application to everettscramble@gmail.com

<b>Committee Use Only</b>	
Application number: _____	
Approved by: _____	Date: _____
Applicant notified by: _____	Date: _____
Presented by: _____	Date: _____
Reason for disapproval: _____	Date: _____