



Kitsap Alpine Scrambling Course Student Handbook



Name _____

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WELCOME

We look forward to helping you successfully complete this course and pursue your adventures in the mountains. In this course you'll learn how to safely travel off-trail and scramble to a wide variety of mountain summits. Scrambles are typically strenuous and involve moving over steep snow or rock, and through brush. The skills you develop and the experience you gain will give you a sound and safe passport to much of the wilderness around us. This course is a program of classroom and field instruction designed to prepare you with the knowledge, skills and experience required to safely scramble countless mountains here in the Pacific Northwest.

What's a scramble with the Mountaineers?

- Trip organized through The Mountaineers
- Off-trail travel over steep rock and/or snow and/or through forest with occasional thick brush.
- Significant elevation gain with a destination of a mountain summit.
- Rated 1 to 5 according to technical and strenuous difficulty.
- Pace ranges from slow to fast, varies with trip leaders.
- Ropes aren't typically used, but leaders carry one for possible protection and/or emergency use.
- All participants have completed and passed the required section of course instruction, so that everyone has the required basis of safety and technical skills.
- Led by scramble leaders who are approved by The Mountaineers to have the necessary level of training.

What you'll learn

- Wilderness skills – off-trail route finding, mountain weather, avalanche safety, low-impact recreation, etc.
- Snow skills – ice ax techniques (self-arrest, self-belay, etc.), kicking steps, plunge stepping, glissading, etc.
- Rock skills – three points of contact, friction movements, down-climbing technique, protected down-climbing, etc.
- Wilderness Navigation – A required separate course offered by The Mountaineers that consists of detailed map work and taking and following bearings in the wilderness. It's more than just an introduction to navigation class. Completion will give you a Basic Navigation badge. For more information: check out the Mountaineers website for available courses. The Kitsap branch typically offer two per year – spring and fall. <https://www.mountaineers.org/membership/badges/course-badges/basic-navigation-course>
- Wilderness First Aid – A required separate course offered by The Mountaineers. This course is uniquely designed for remote wilderness first aid. Completion will give you a Wilderness First Aid badge. For more information: <http://mountaineers.org/learn/firstaid>
- Low-Impact Recreation – separate badge achieved by watching a few very short videos and then passing a quiz. <https://www.mountaineers.org/membership/badges/skill-badges/low-impact-recreation>

Keys to success

- Be prepared – Bring all required gear to field trips and scrambles. Focus on mental preparation as well.
- Know your limits – Be responsible and sign up for scrambles with the appropriate difficulty for your conditioning and comfort level.
- Be a team – Work together and rely on each other. Stay with the group and help others who may be struggling. Working as a team is an important part of any scramble with the Mountaineers.
- Conditioning – Physical fitness is necessary for safety and enjoyment.
- Read the course textbook – Read the specified sections in the course textbook "Mountaineering Freedom of the Hills" published by The Mountaineers.
- Ask questions – Your leaders want you to succeed. Seek help and information when needed. Questions are a critical part of learning. Please know that they are always welcome.
- Be committed – The Scrambling Course requires a positive mental attitude as well as time and effort.
- Tread lightly – The Mountaineers is committed to conserving wild places – be environmentally responsible.
- Not a guide service – The Mountaineers is a club, you will learn and practice from experienced volunteer instructors and you'll become increasingly self-sufficient. After course completion, students are responsible for their own and the group's safety. Always think of yourself as a part of the team, not just a follower of the leader. The leader is not a guide, but an important and valuable resource to the team.

COURSE TIMELINE

- General sequence of Scrambling Course events
- Highlighted sections are Scrambling Course workshops and field trips

Timeline

Wilderness Navigation Course	When available for signup as soon as possible. Required for graduation. Sign up on Mountaineers website. There are many options. The Kitsap Branch typically offers one mid to late September. There's an e-learning and/or a classroom option for the bookwork, followed by a day field trip.
Wilderness First Aid Course	Required for graduation. This is typically a two to three day course. The Kitsap Branch is offering the course October 11-13, 2019 and sometime in February, 2020.
Lecture 1 – Introductions	At the Program Center 8/26/19, Monday, 6-9 PM
Acquire your gear	All required gear should be with you for the field trips and classrooms. We want to build a habit and familiarity with this gear – your tools. Some gear can be rented such as ice axe, climbing helmet, etc., but that becomes cumbersome.
Stewardship	This a reminder to look to sign up for a volunteer stewardship day to gain your required Stewardship badge. Sign up on website.
Sign up for field trips	Be sure that you are signed for all of the course lectures and field trips. If you have any trouble, contact your leader as soon as possible.
Sign up for Scrambles	You need three scrambles outside of the coursework (see graduation requirements). Watch the website for Mountaineers listed scrambles to complete these.
Field Trip 1 - Introductions	Introductions in the field! – 8/31/19, Saturday, all day starts at 7:30 AM
Low-Impact Recreation badge	Reminder – Acquire the Low-Impact Recreation badge. Required for graduation.
Lecture 2 – Rock & Off-trail	At the Program Center – 9/2/19, Monday, 6-9 PM
Field Trip 2 – Rock & Off-trail	Hands on – Rock & Off-trail. 9/7/19, Saturday, all day starts at 7:30 AM
Rock scrambles and required courses	September – November. Work on getting in your required scrambles (except snow) and your separate required courses – Navigation and First-aid.
Lecture 3 – Snow	At the Program Center – 11/25/19, Monday, 6-9 PM
Field Trip 3 – Snow	Paradise area, Mt. Rainier 12/7/19, Saturday
Snow scramble	Finish your last required scramble – Snow.
Graduate	Complete and submit the “Graduation Application” once you’ve completed all the course requirements. As a graduate you can now sign up for winter scrambles (November–March) – see the “What’s Next” section of this handbook for more things to do

GRADUATION PROCESS

Lectures <i>List dates completed</i>	Introductions	Rock & Off-trail	Snow
Field Trips <i>List dates completed</i>	Introductions	Rock & Off-trail	Snow
Basic Navigation Course	Course and course dates		
Wilderness First Aid Course	Course and course dates		
Low-Impact Recreation badge	Badge Acquired? yes or no?		
Stewardship badge	Leader? Where? Date?		
Three successful scramble summits/trips <ul style="list-style-type: none"> • <i>Must include at least one snow scramble and at least one rock scramble</i> • <i>Experience Field Trip summits do not count</i> • <i>Multiple summits in a single trip count as one summit</i> • <i>Must complete them in a safe and competent manner</i> • <i>See the "FAQ" section of this handbook on which scrambles count toward graduation</i> 	(Rock)	Peak / Date / Leader's name	
	(Either)	Peak / Date / Leader's name	
	(Snow)	Peak / Date / Leader's name	

Requirements

- All requirements seen in the above the graph must be completed. Please do not apply for graduation until finished.

Notify us when you're done

- March 18, 2020 is the deadline for the 2019 course requirements.
- Only graduates can go on scrambles after the deadline. Special exceptions may be made by leaders at their discretion.
- Submit an application for graduation. This should be done electronically so that we can easily file the information. We will need all the required information in the above graph. It needs to be clear and concise. **For an easy to use form, find the separate “Graduation Application” in the “Course Materials” on the Mountaineers website**

Deadline Exception

- All requirements must be satisfied for graduation. However, we understand that sometimes scheduling can be difficult. If you have been diligent to work towards graduation and have not been able to meet all the requirements by the deadline, please ask the course leader for an extension. This request should be submitted before the deadline. It should include the missing requirements, reasons that you have not finished those requirements, and what your plans are to finish the remaining requirements.

2nd Year Extension

- If you're unable to complete all of the requirements before the deadline (March 1), you can request an extension for a 2nd year at no extra charge by emailing the Course Leader or Chair(s).
- During the 2nd year you will only need to complete the remaining requirements but feel free to repeat any of the workshops or field trips as a refresher, regardless we strongly encourage you to participate in the Snow Field Trip during the 2nd year since ice axe arrest is a perishable skill.
- 2nd year students are unable to participate in winter scrambles (November–March) between their two years.

Workshop 1 - Introductions

In Advance

- Look over all of this handbook. Brief yourself on all the course requirements and familiarize yourself with the layout of the course.
- Purchase the course textbook "Mountaineering: The Freedom of the Hills, 9th edition".
 - Reading assignment in "Mountaineering Freedom of the Hills" 9th edition: Chapter 1 (First Steps) Chapter 2 (Clothing and Equipment) Chapter 7 (Leave No Trace) Chapter 8 (Stewardship and Access).
- Consider signing up for Conditioning Hike(s), see the "Conditioning" section of this handbook.
- Update your Mountaineers website profile, especially the emergency contact information. While you're at it check on everything there.
- Give your emergency contact the Mountaineers Emergency Line phone number, see the "Emergency Plan" section of this handbook
- Add a profile photo on the website. Please make this a headshot. This helps all of us get names and faces connected.

Gear to Bring

- Appropriate clothing – you'll be inside for the entire workshop. There will be plenty of sitting around, but also some hands on practice.
- You'll tie a harness around your waist and between your legs so please don't wear a skirt/dress/kilt.
- Any/all of your already acquired gear. We will be talking about all of it.
- If you have any existing gear and you're not sure if it's appropriate for this course then please bring it so you can ask the instructors questions about it – don't buy new gear just for this class. You'll get a lot of information at this class to help you make good buying decisions.

Notes

- Please arrive 5–10 minutes early.
- Please set your phone to silent.
- Sign the attendance sheet at the entrance so you get course credit.
- If you have important questions that can't wait, please email the course leader. Otherwise, bring your questions to the class and ask them there.
- (At the class) Pick up a paper hard-copy of this handbook and write your name on the cover

Field Trip 1 – Introductions

In Advance

- Arrange carpooling. Parking the Gold Mountain Trailhead requires a Discover Pass.
- Sign up for rock scrambles on the website, you can't actually go on rock scrambles until after you've completed the Rock Field Trip but you can sign up for them prior to that. There may not be many listed now, but check the website often since scrambles are added often and sometimes with short notice. If a scramble is full, join the waitlist. Very often participants will cancel and you'll get on the scramble.
 - Read the Trip Leader's notes and any/all emails from the leader for detailed information on any particular scramble. Pay special attention to the ratings of the trip and how the leader words the description. These are your clues to how difficult and/or what sort of pace the trip leader intends to maintain.
- Write your name on your climbing helmet so the instructors know who you are, stick duct tape on the front and write your name on it with a sharpie.

Gear to Bring

- Appropriate clothing and boots – you'll be outside for the entire field trip, rain or shine, plan accordingly.
- All of the items in the "Required Gear" and "10 Essentials" sections of this handbook.
- Important gear: climbing helmet, protected climbing kit.
- See the "Suggested Gear" section of this handbook for other items you may want to bring.
- Leave at home any jewelry that you want keep from getting damaged. It is also poses a safety risk.
- Gaiters are not required but are recommended, especially if it will be wet. They help keep pants legs clean, dry and out the way.
- Food/snacks/water for the entire day.

Notes

- This event occurs at Green Mountain. Meet at the south end of the Gold Creek Trailhead parking area.
- Please arrive early. Be ready to start (boots and backpack on) 10 minutes prior to the start time.
- Be prepared for a full day, there is no defined end time. We all want to get the requirements done in a time efficient manner, but that must allow everyone time to learn safely. Learning safely is the priority!
- We recommend that you do not make plans for the evening after the field trip since various things may cause you to run late. Our objective and priority is the field trip. We are not going to change the field trip to accommodate an individual's schedule.
- Pack the night before, don't wait until the morning.
- If you show up without the proper gear you may not be able to participate.
- There is a single pit-toilet at the trailhead. Allocate extra time if planning to use it.
- Please set your phone to silent (if you're bringing it with you on the field trip).
- Sign the attendance sheet so you get course credit.
- If you have important questions that can't wait, please email the course leader. Otherwise, bring your questions to the trip and ask them there.

Workshop 2 – Rock & Off-Trail Travel

In Advance

- Reading assignment in *Mountaineering: Freedom of the Hills, 9th edition* Chapter 6 (Wilderness Travel) Chapter 12 skim for technique (Alpine Rock) Chapter 22 (Safety: How to Stay Alive).
- Read the online Leader Notes and also any emails from the leader.
- (optional) Sign up for Conditioning Hike(s), see the "Conditioning" section of this handbook.

Gear to Bring

- Appropriate clothing – You'll be indoors. But you'll be moving and climbing around. As always, come prepared for a rock scramble.
- All of the items in the "Required Gear" and "10 Essentials" sections of this handbook
- Important gear: Backpack, mountaineering boots, climbing helmet, harness, hero loop & carabiner.
- See the "Suggested Gear" section of this handbook for other items you may want to bring.
- Leave at home any fancy jewelry to keep it from getting damaged.

Notes

- Even though this is a "lecture" still dress as if it's a real rock scramble.
- Please arrive early, be ready to start (with boots and backpack on) about 10 minutes prior to the start time.
- If you show up without the proper gear you may not be able to participate.
- Please set your phone to silent.
- Sign the attendance sheet at the entrance so you get course credit
- Make sure your name is on your climbing helmet.
- If you have important questions that can't wait, please email the course leader. Otherwise, bring your questions to the trip and ask them there.

Field Trip 2 – Rock & Off-trail Travel

In Advance

- Consider and arrange carpooling. Parking the Gold Mountain Trailhead requires a Discover Pass.
- Read the online Leader Notes and also any emails from the leader.
- Sign up for rock scrambles on the website. You can't actually go on rock scrambles until after you've completed the Rock Field Trip but you can sign up for them prior to that. There may not be many listed now, but check the website often since scrambles are added often and sometimes with short notice. If a scramble is full, join the waitlist. Very often participants will cancel and you'll get on the scramble.
 - Read the Trip Leader's notes and any/all emails from the leader for detailed information on any particular scramble. Pay special attention to the ratings of the trip and how the leader words the description. These are your clues to how difficult and/or what sort of pace the trip leader intends to maintain.

Gear to Bring

- Appropriate clothing and boots – you'll be outside for the entire field trip, rain or shine, plan accordingly.
- All of the items in the "Required Gear" and "10 Essentials" sections of this handbook.
- Important gear: climbing helmet, protected climbing kit.
- See the "Suggested Gear" section of this handbook for other items you may want to bring.
- Leave at home any jewelry that you want keep from getting damaged. It is also poses a safety risk.
- Gaiters are not required but are recommended, especially if it will be wet. They help keep pants legs clean, dry and out the way.
- Food/snacks/water for the entire day.

Notes

- This event occurs at Green Mountain. Meet at the south end of the Gold Creek Trailhead parking area.
- Please arrive early. Be ready to start (boots and backpack on) 10 minutes prior to the start time.
- Be prepared for a full day, there is no defined end time. We all want to get the requirements done in a time efficient manner, but that must allow everyone time to learn safely. Learning safely is the priority!
- We recommend that you do not make plans for the evening after the field trip since various things may cause you to run late. Our objective and priority is the field trip. We are not going to change the field trip to accommodate an individual's schedule.
- Pack the night before, don't wait until the morning.
- If you show up without the proper gear you may not be able to participate.
- There is a single pit-toilet at the trailhead. Allocate extra time if planning to use it.
- Please set your phone to silent (if you're bringing it with you on the field trip).
- Sign the attendance sheet so you get course credit.
- If you have important questions that can't wait, please email the course leader. Otherwise, bring your questions to the trip and ask them there.

Workshop 3 – Snow

In Advance

- SEE THE NOTE towards the end of this manual “Snow and Winter Scrambling” (p. 31).
- Reading assignment in *Mountaineering: Freedom of the Hills, 9th edition* Chapter 16 pages 330–338 (Snow Travel Equipment) Chapter 16 pages 339–341 (Snow Travel Techniques) Chapter 16 pages 360–365 (Route finding on Snow, and Avalanche Safety) Chapter 27 (The Cycle of Snow) Chapter 28 (Mountain Weather)
- Sign up for snow scrambles (not winter scrambles) on the website. Because of the timing of our course, this may be a difficult. More on this when we meet. You can't actually go on a snow scramble until after you've completed the Snow Field Trip but you can sign up for them prior to that. There may not be many listed now, but check the website often since scrambles are added often and sometimes with short notice. If a scramble is full, join the waitlist. Very often participants will cancel and you'll get on the scramble.
 - Read the Trip Leader's notes and any/all emails from the leader for detailed information on any particular scramble. Pay special attention to the ratings of the trip and how the leader words the description. These are your clues to how difficult and/or what sort of pace the trip leader intends to maintain.

Gear to Bring

- Appropriate clothing , including boots – you'll be inside The Mountaineers building for the entire workshop
- You'll be lying on the floor and rolling around for part of the workshop so bring clothes you don't mind getting dirty – please don't wear a skirt/dress/kilt
- Ice axe (*with all three sharp areas/points covers*), climbing helmet, crampons
- Backpack and all necessary gear for a day of snow travel.

Notes

- Please arrive 5–10 minutes early
- Please set your phone to silent
- Sign the attendance sheet at the entrance so you get course credit
- If you have important questions that can't wait, please email the course leader. Otherwise, bring your questions to the trip and ask them there.

Field Trip 3 – Snow

In Advance

- SEE THE NOTE towards the end of this manual “Snow and Winter Scrambling” (p. 31).
- Consider and arrange carpooling
 - This trip is in the National Park. Parking fees/passes are required.
- Read the online Leader Notes and also any emails from the leader.
- Cover (tape) the adze of your ice axe so you don't accidentally cut yourself. You will not be using the adze.
- Check the mountain weather to help with gear decisions, if you're driving also check the road conditions to see if tire chains are needed/required, see the "FAQ" section of this handbook on weather.

Gear to Bring

- Appropriate clothing – you'll be outside for the entire field trip, rain or shine, plan on it being cold and wet
- All of the items in the "Required Gear" and "10 Essentials" sections of this handbook
- Waterproof jacket and pants, if you have an old set then bring those. Self-arrest, glissading practice and crampons can all be hard on your outer shell.
- Gloves. Since your hands will get wet from the snow, waterproof or water resistant are best. A dry backup pair is strongly recommended.
- Gaiters.
- Dry clothes for the drive home, see the "Suggested Gear" section of this handbook on bringing a car kit
- See the "Suggested Gear" section of this handbook for other items you may want to bring
- Food/snacks/water for the whole day.
- Crampons.
- Leave at home any fancy jewelry to keep it from getting damaged

Notes

- Extra attention should be given to emailed leader's information prior to the trip. This will include meeting place, time and other special considerations.
- Be prepared for a full day, there is no defined end time. We all want to get the requirements done in a time efficient manner, but that must allow everyone time to learn safely. Learning safely is the priority!
- We recommend that you do not make plans for the evening after the field trip since various things may cause you to run late. Our objective and priority is the field trip. We are not going to change the field trip to accommodate an individual's schedule.
- If you show up without the proper gear you may not be able to participate.
- Sign the attendance sheet at one of the cars so you get course credit
- If you have important questions that can't wait, please email the course leader. Otherwise, bring your questions to the trip and ask them there.

CONDITIONING

Be Prepared – The best conditioning workout is hiking with a weighted pack gaining elevation.

- Scrambling is often a very strenuous activity.
- Be as fit as possible to enjoy this course and to maximize your opportunity for success.
- Most scrambles include a 25–30 pound backpack carried 6–10 miles while ascending and then descending 2500–5000 feet of elevation.
- Runners sometimes discover they aren't as prepared as they thought for scrambling. It's different work.
- Inadequate conditioning can contribute to a loss of alertness and an inability to respond properly to the various demands that could arise. This could prevent a group from reaching the summit or more importantly, jeopardize party safety,

Start Now

- Start your conditioning right now. Mt. Walker is a local to Kitsap area hike that is a great training trail.
- Get out regularly. Work to build leg strength, agility, flexibility, and balance.
- The best way to get into proper/safe scrambling shape is to hike while gaining elevation and carrying weight.
- Start small and work to increase slowly and safely.
- If you can't get outside, one option could be wearing your pack on a stair machine or high incline treadmill.
- Tip: A nice method to increase backpack weight is to carry containers of water. Then before descending dump the water to lighten your backpack. This limits the work on your knees while descending.

Goal

- You're in decent shape if you're able to hike Mt. Walker (carrying 30 lbs) to the summit and back down in 2 hours (including breaks). You're doing well if you can do it in less than 1.75 hours. And, you're doing great to get it done in less than 1.5 hours.
- It is recommended to consider doing the Mt. Walker hike multiple times (repeats). This method not only adds to the workout, but also adds the mental work of seeing your car and turning around to leave for another workout. The mental work is a major part of endurance training.
- Be focused on building stamina rather than racing to the top as fast as you can. Not being exhausted on the is more important than the amount of time it took to get there.
- Two strategies: 1) Work on improving your time with the same backpack weight. 2) Slowly increase your backpack weight. Both methods are effective. Perhaps a mix of the two could be employed.

Conditioning Hikes

- The Kitsap Branch is small and therefore has limited resources. However, we will be trying to get several conditioning hikes listed on the Mountaineers website. These will be listed with preference given to you – Kitsap Scramble Students.
- You can also go on private hikes with friends

EMERGENCY PLAN

Your Emergency Contact

- Scrambles can be long and strenuous and are done with safety as the foremost concern. However accidents can happen. You should have an emergency contact just in case. This contact should be listed on your Mountaineers profile.
- You should be aware that occasionally a scramble 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.
- On rare occasions things go wrong in the backcountry and The Mountaineers may call your emergency contact to pass along important updates about your safety and whereabouts.
- Your trip is not considered overdue until noon the day after the expected return date.
- If you're not back by noon the day after your scramble then your emergency contact should never reach out to rescue authorities by calling 911. This can create significant confusion. Instead they should call the **Mountaineers Emergency Line open 24/7 at 206-521-6030** which will route them to an on-call emergency person who will coordinate action with 911 and rescue authorities as necessary.

Your Responsibilities

- Update your emergency contact information on the website. It should not be a person you scramble with.
- Give the cutout below to your emergency contact, or email them the information.
- 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 only tell them to call the emergency line if you're not back by Sunday at noon.
- After your scramble let your emergency contact know you've returned safely.



The Mountaineers

I'm the emergency contact for a friend or loved one

They'll let me know when they go on trips with The Mountaineers and when they should return home

If they haven't returned from a trip and I'm worried about them then I should call **The Mountaineers Emergency Line open 24/7 at 206-521-6030** which will route me to an on-call emergency person who will coordinate with 911 and rescue authorities. I should NOT call 911 to report them lost as this can lead to undue confusion.

LOW-IMPACT RECREATION

Achieve the Low-Impact Recreation badge by watching a few very short videos and then passing a quiz, this Low-Impact Recreation badge is required for graduation – see The Mountaineers website: mountaineers.org | Conserve | Low-Impact | take quiz

Simply put, we want to leave minimal impact on the environments we visit. We also want to allow others the same opportunity. as some say, “Leave only footprints and take only pictures.”

- Pack it in, pack it out
- Travel and camp on durable surfaces
- Respect wildlife
- Be considerate of other visitors
- Leave what you find
- Plan ahead and prepare

GEAR

Shopping Tips

- See the course textbook "Mountaineering Freedom of the Hills" for more information
- Some gear can be rented such as crampons, ice axe, climbing helmet, etc.
- The best choice for one student may not be the best choice for you
- Ensure proper fit and comfort since you may wear this gear all day
- Minimizing weight is important but sometimes a heavier or cheaper alternative may be perfectly adequate
- Members of The Mountaineers receive special discounts and benefits, for more information see: mountaineers.org | log in | Membership | Benefits | "redeem your benefits" link
- The Mountaineers has a Facebook group called "Mountaineers Marketplace" for buying and selling used gear: <http://facebook.com/groups/377304859047281>

Some Stores (this is not an endorsement)

Arc'teryx	http://arcteryx.com	
Backcountry	http://backcountry.com	
Bentgate	http://bentgate.com	
Big 5 Sporting Goods	http://big5sportinggoods.com	
Campmor	http://campmor.com	
Eastern Mountain Sports	http://ems.com	
Eddie Bauer / First Ascent	http://eddiebauer.com	
Feathered Friends	http://featheredfriends.com	Seattle, Rentals
Federal Army & Navy Surplus	http://gr8gear.com	Seattle, surplus
Hilleberg the Tentmaker	http://hilleberg.com	Redmond
McHale Custom Backpacks	http://mchalepacks.com	Seattle
MEC	http://mec.ca	
Miyar Adventures	http://miyaradventures.com	Redmond
Moosejaw	http://moosejaw.com	
Mountaineers Marketplace	http://facebook.com/groups/377304859047281	The Mountaineers, Used
Nate's Surplus Army/Navy		Seattle, surplus, 206-767-4950
Outdoor Research	http://outdoorresearch.com	Seattle, Rentals
Patagonia	http://patagonia.com	
Play It Again Sports	http://playitagainsports.com	Used
Pro Mountain Sports	http://promountainports.com	Seattle
REI	http://rei.com	Rentals
Second Ascent	http://secondascent.com	Seattle, Surplus, Rentals
Sierra Trading Post	http://sierratradingpost.com	
Summit Hut	http://summithut.com	
Tarptent	http://tarptent.com	
The North Face	http://thenorthface.com	
Wilderness	http://wildernessoutdoorstore.com	Bainbridge Island
Zpacks	http://www.zpacks.com	

Some Repair Shops (this is not an endorsement)

Chick's Shoes	http://chicks-shoes.com	Mercer Island, boots
Dave Page Cobbler	http://davepagecobbler.com	Seattle, boot and shoes
Rainy Pass Repairs	http://rainypass.com	Seattle

SCRAMBLE PACKING LIST

- Make smart decisions on which gear to bring – There’s a balance between having gear you may need and having a light backpack – if in doubt ask the trip leader.
- Always bring all the "Required Gear" and "10 Essentials" unless your scramble leader tells you otherwise.
- Always bring the minimum gear you'll need to spend an unplanned overnight in the mountains.
- The contents of your backpack will probably be slightly different for each of your scrambles.
- Factors to consider when choosing which gear to bring:
 - Route Conditions – rock, snow, river crossing, etc.
 - Weather – temperature, wind, precipitation, fog, overnight low temperature, etc.
 - “Leader Notes” on website and emails from the leader, etc.
 - Group size – larger groups may share some gear.

Required Gear for most scrambles

Backpack
 Ice axe
 Mountaineering boots
 Climbing helmet
 Clothing appropriate for the weather and conditions
 Protected climbing kit
 Toiletries kit
 Food
 Water
 Parking Pass (If driving)
 Carpool money (if carpooling)
 See “Leader’s Notes” and emails

10 Essentials (Required Gear)

Navigation (compass, map, GPS, altimeter)
 Headlamp (with extra batteries)
 Sun Protection (sunglasses, sunscreen & spf lip balm)
 First-aid Kit
 Repair Kit (Knife/multi-tool & parts)
 Fire (matches, lighter, tinder and/or stove)
 Emergency Shelter
 Extra/Emergency Food
 Extra Water (or way to get clean water)
 Extra Clothing Layers

Suggested/Possible Gear

Gaiters
 Sit pad
 Car Kit for the drive home
 Insect protection
 Trekking Poles
 Sock liners
 Sun hat
 2nd headlamp
 Altimeter
 Leash for ice axe
 Crampons
 Bandanna/Buff
 Whistle
 Micro-spikes or equivalent
 Water filter
 Spike guard for ice axe
 Camera
 Hand warmers
 Snowshoes

REQUIRED GEAR – A Few General Tips

<p>Backpack</p> <ul style="list-style-type: none"> • For day trips a good capacity may be around 40L – multiday 50L–60L may be good. • Needs a specifically designed method for attaching your ice axe to the outside • Sizing and comfort with weight is important! A decent outdoor shop can help you with this. There are also lots of online resources to help understand this important topic. 	<p>Required</p>
<p>Ice axe</p> <ul style="list-style-type: none"> • The ideal axe is a general purpose alpine axe with a straight shaft and an adze. • Specialized ice climbing tools or ultralight trekking axes are not suitable. • Most scramblers use an axe between 60 and 75 cm long, which is longer than ice climbers want. • If you're between two sizes then select the longer one, most people wish they had a longer ice axe. • Steps to follow to determine a generally good length: <ol style="list-style-type: none"> 1. Hold the head of the axe. 2. Stand and relax your shoulders. 3. Grip the axe firmly with your arm relaxed and the end of the axe near the floor. 4. 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. 5. If you're really tall long axes are still too short then just buy the longest axe you can find. 	<p>Required</p>
<p>Mountaineering boots</p> <ul style="list-style-type: none"> • This is most important. It's critical to your comfort and safety. Do not try to cut corners. • Look for 3-season mountaineering boots. • Stiff toes are very important, allowing you to kick steps in snow. • Stiff soles with a shank or partial shank are nice for edging on rock or hard snow. • For scrambling specific boots, look at boots in the \$250 to \$350 range. Allow a few hours to try on boots in a store, walk around in them for a long time. Take note of any seemingly small discomfort. • For scrambling you need light-duty mountaineering boots or heavy-duty backpacking boots Light-duty backpacking boots aren't stiff enough and they'll make the Scrambling Course difficult. Heavy-duty mountaineering boots (over \$350) can be too heavy and uncomfortable for scrambling. • Your toes should never be able to touch the front of your boots. You should wear your heavier hiking socks when trying them on. • Some factory insoles do not provide adequate arch and heel support. Consider a good replacement insoles and use them when trying on boots as they can drastically alter the fit of the boot. • You don't need the "best rated" boot. You need the best boot for you! 	<p>Required</p>
<p>Climbing helmet</p> <ul style="list-style-type: none"> • Must be UIAA or CE approved for climbing. • Unacceptable types are bicycle, kayak, motorcycle, snowboard, and other non-climbing helmets. • Provides some protection in the event of a fall and also protects against rock fall from above. • Make sure it's large enough to fit over a stocking cap. Most are adjustable. 	<p>Required</p>

10 ESSENTIALS (REQUIRED GEAR)

Headlamp with batteries <ul style="list-style-type: none"> • Needed for early morning starts before sunrise • Bring one even if you plan to return before dark just in case you're not back in time • Make sure it has good batteries 	Required
Extra fresh batteries <ul style="list-style-type: none"> • For your headlamp • Instead of bringing extra fresh batteries you can instead carry a 2nd headlamp with batteries – the bottom line is that you should have a total of two sets of batteries. 	Required
Sunglasses <ul style="list-style-type: none"> • Needed in snow to prevent getting snow blindness • Should block out most or all UV light. Side shields are nice on sunny days in the snow – homemade removable side shields can be formed from folded over pieced of duct tape with small holes in the middle • Dark glacier glasses may be too dark to wear below snowline, and normal sunglasses may not block enough light above snowline, so on really sunny days maybe bring two pairs. 	Required
Sunscreen <ul style="list-style-type: none"> • Has an expiration date • Especially useful in snow 	Required
SPF lip balm <ul style="list-style-type: none"> • Has an expiration date • Especially useful in snow • Works great on your forehead since it doesn't run into your eyes like normal sunscreen does 	Required
First-aid kit <ul style="list-style-type: none"> • You'll learn which items to include during the Wilderness First Aid Course • Small frequently used items can be in a ziploc bag near the top of your backpack (ibuprofen, blister care, band aids, etc.) • All of your other infrequent items can be at the bottom of your backpack (gauze, tape, triangle bandages, sam splint, emergency blanket, paper, pencil, etc.) 	Required
Topographic map <ul style="list-style-type: none"> • Keep it protected from the rain, gallon ziploc bags work great. Only use maps with 40 feet contour lines (such as USGS 7.5" maps and some special Green Trail maps), regular Green Trail maps are 80 feet so they aren't detailed enough • Even if you have a GPS unit you should still bring a paper map • A couple websites to print your own maps (black and white is okay): <ul style="list-style-type: none"> http://caltopo.com http://mappingsupport.com http://store.usgs.gov 	Required

<p>Compass</p> <ul style="list-style-type: none"> • Required by the Tiger Mtn Field Trip • Ideally you've already taken the Wilderness Navigation Course and own a compass, if not then here are some features to make sure the compass you buy will be sufficient: Adjustable declination with a tiny adjustment screw – required, no exceptions, screwless ones fall apart. Rectangular base plate – required for drawing straight bearings lines, usually 3–4 inches long. Meridian lines – required, these are the four or five small parallel lines under the needle. 0–360 degree markings – required, some compasses are 0-90 in each quadrant, making them hard to use. Mirror 	Required
<p>Extra emergency clothing</p> <ul style="list-style-type: none"> • Required if you get wet (snow/rain, falling in water, sweat, etc.) and to survive the long inactive hours of an unplanned overnight • Clothing appropriate for the weather and conditions: Extra base layer set (top and bottom), Stocking cap (a thick one), Extra hiking socks, Extra gloves, Extra jacket (fleece or puffy) etc 	Required
<p>Repair kit and tools</p> <ul style="list-style-type: none"> • Small pocketknife or multi-tool for first aid and emergency use. • Duct tape, wrap it around something like a trekking pole or a water bottle • Miscellaneous items such as: Zip ties, Extra shoelace, Cord/Straps Etc. 	Required
<p>Extra emergency food</p> <ul style="list-style-type: none"> • Additional food you don't plan to eat until 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) 	Required
<p>Extra water</p> <ul style="list-style-type: none"> • Bring extra water if there's no water on the route. If in doubt then check with the trip leader • Water filters work great if there's water on the route • Water purifiers like iodine tablets work too 	Required
<p>Emergency shelter</p> <ul style="list-style-type: none"> • Protects you from the elements, especially rain and wind • Examples: Plastic tube tent, bivy sack, small tent, emergency blanket (not a space blanket), etc. • Emergency blankets are thick and strong and are recommended – space blankets are thin, shred easily, and deteriorate over time and are not recommended • Should be something you don't plan on using unless there's an emergency 	Required
<p>Lighter</p> <ul style="list-style-type: none"> • Waterproof matches are okay too, you'll need to keep the strike dry also • For starting damp wood fires, the constant flame of a candle is excellent or some sort of fire starter works great too 	Required

SUGGESTED GEAR – Some General Notes**Gaiters**

- Used to keep snow/rocks/dirt out of your boots
- Tall gaiters are great in snow, if only buying one pair then buy these
- Short ones are nice in the summer
- Make sure they're large enough to wrap around your mountaineering boots, but also fit tight enough around the bottom to prevent snow from getting pounded up inside them

Sit pad

- Important insulation barrier between you and the ground, especially useful on snow
- Very useful for an unplanned overnight
- Can be used as a splint for injured limbs, you'll do this in the Wilderness First Aid Course

Car kit for the drive home

- Comfortable shoes and socks
- Water – for drinking after your trip and also for washing your hands and face
- Wet gear bag to put muddy boots and wet clothes into, especially if you're carpooling
- Dry clothes so you're not wet and stinky on the drive home, especially if you're carpooling

Insect protection

- Repellents with DEET work great but are not healthy to use
- Products containing picaridin or oil of lemon eucalyptus work well too
- Head nets can be invaluable during peak insect season

Trekking poles

- Nice for balance like for crossing streams
- Some people use two poles, some people use one, others use none, and others prefer an ice axe instead
- Some people only use them on the descent to help their knees
- Poles which collapse into two or three sections have a low profile when attached to your backpack, this is desirable to prevent getting caught on brush and rocks
- Some have component parts you can replace if they break

Sock liners

- Can help prevent blisters

Sun hat

- Keeps the sun off your head and possibly your neck
- Instead some people prefer thin jackets with hoods. Baseball hats work too

2nd headlamp

- Can be nice if yours breaks or if someone else forgets theirs
- Two small headlamps can be better than one big one. When hiking down a trail you can see better if you wear one on your head and carry one in your hand, the contrasting shadows show the rocks and steps better. Having two small headlamps can be more reliable and flexible than one large headlamp

Hand warmers

- Have an expiration date ☑ Great for emergencies such as an unplanned overnight
- Great for people who get cold hands easily ☑ Some gloves have slots to insert them into

Leash for ice axe

- Some people use a long one, some people a short one, and some people don't use them at all
- You can make one from 1/2 inch webbing, or you can buy a specifically designed leash
It's a great idea to have one on steep snow or any place where dropping your ice axe would result in it sliding into an inaccessible area
- Talk with a few instructors about why they prefer their method

Crampons

- You can buy them or you can rent them for the day from various outdoor stores
- Useful in early Spring on hard snow and ice, and on wind-blown slopes in the winter
- If you're not sure if you should bring them on a scramble then check with the trip leader
- Full straps for the heel and toe make them more versatile and are recommended
- Anti-balling plates are invaluable in certain types of snow conditions

Bandana / Buff

- Only acceptable cotton item
- Buffs are highly recommended and very versatile.

Whistle

- For emergency signaling (three blasts)
- Some backpacks have them built into the chest strap but those are pretty quiet and useless in rugged terrain where sound waves do not carry very far

Micro-spikes or equivalent

- They need to be rugged, so inexpensive Yaktrax won't work
- This is not an endorsement for any particular brand.

Water filter

- Needed on some long scrambles. If in doubt then check with the trip leader
- Iodine tablets are great for emergencies. However, many people prefer mechanical filters
- Maps may show a lake or stream but it may be seasonal or inaccessible

Spike guard for ice axe

- For safety when your ice axe is attached to your backpack
- Prevents scratching the inside of your car, especially nice when carpooling

GPS unit

- Not a substitute for a paper map
- Standalone units work well, so do phone apps such as GAIA
- This is a handy item for quick navigation

Hand warmers

- Have an expiration date
- Great for emergencies such as an unplanned overnight
- Great for people who get cold hands easily
- Some gloves have slots to insert them into

Overnight gear for multiday scrambles

- Some gear you can share such as a tent, stove, water filter, etc.
- Camping gear you'll probably want: sleeping bag, sleeping pad, dinner, spoon, etc.
- Read the trip's online Leader Notes and also the email from the trip leader for specific overnight gear and logistics

CLUB POLICIES

The Mountaineers Climbing Code

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

- Have a party of sufficient size to handle an accident, the minimum is three
- 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, it's better to get back safely than not at all
- Carry proper clothing, food, and equipment at all times
- Leave a trip schedule with a responsible person
- Follow sound mountaineering practices as set forth in textbooks of recognized merit
- Behave at all times in a manner that reflects favorably upon The Mountaineers

Harassment and Inappropriate behavior

- Behavior which creates a hostile or disruptive environment will not be tolerated
- This policy applies to all course students, instructors, scramble leaders, and scrambling committee members
- For questions or to file a formal confidential complaint email The Mountaineers staff:
info@mountaineers.org

Alcohol, marijuana, and other drugs

- Alcohol and other drugs can affect your ability, judgment, and safety – this can also affect group safety
- Alcohol and other drugs are not allowed before or during scrambling activities
- Alcohol is generally not permitted at most Mountaineers events. You will be notified if a certain event allows alcohol.
- Even though marijuana is legal in Washington State, it's still illegal on federal land which includes most of the mountain areas where you'll be scrambling – bringing marijuana on scrambles is not allowed

Firearms

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

FAQ and Other Notable Items

Categories of scrambles

Snow scrambles:

- Normally they begin April 1. Course students must complete the snow portion of the course to participate
- Involve significant snow travel and the need for an ice axe, crampons, snow shoes, etc.
- Sign up for snow scrambles on the website as soon as possible since the snow melts
- Don't confuse these with winter scrambles, a snow scramble can be on a sunny 70 degree day in June

Rock scrambles:

- Normally they begin after the mountain snow melts, and end on October 31
- Involve significant off-trail travel over rock (scree, boulders, blocky outcroppings, low angle slabs, etc.)
- More technical rock scrambles require using your hands
- You can't actually go on rock scrambles until after your Rock Field Trip and Snow Field Trip but you can sign up
- You can sign up for them prior to completing the Rock portion of the course.

Winter scrambles:

- These are for Scrambling Course graduates only
- They occur between November 1 and March 31
- Daylight hours are significantly shorter
- Cold weather is more challenging to deal with
- Avalanche safety is a higher concern
- Backpack weight is significantly higher (snowshoes, warmer clothes, shovel, etc.)

S and T ratings

Strenuous and technical difficulty ratings on the website ranging from 1 (easier) to 5 (challenging) – this does not correspond to any other popular rating or class, this is a separate rating created by The Mountaineers specifically for rating scrambles

(S)trenuous Level:

- An objective rating based solely on trip mileage and elevation gain
- This does not take into account the pace, terrain, etc.
- Most scrambles list the mileage and elevation gain, so you may be better off referencing those instead
- It's recommended you start with an S3 and work up
- Examples: An S3 scramble on a 95 degree day may feel like an S5 trip. A really fast paced S3 scramble may feel like an S4 trip

(T)echnical Level:

- A subjective rating based on the combination of the technical move difficulty and also the exposure (airiness)
- This does not take into account the route conditions (wet rocks, snow level, wind, visibility, ice, etc.)
- A fall with low exposure wouldn't be serious, but a fall with high exposure would be disastrous
- A T4 scramble may seem easy to you but another T4 scramble may scare you
- It's recommended you start with a T3 and work up
- Examples:
 - A T3 rock scramble may be rated T4 if the rock happens to be wet
 - A T4 rock scramble could have hard technical moves 5 feet off the ground (high difficulty, low exposure)
 - A T4 rock scramble could be an easy trail along a very narrow ridge (low difficulty, high exposure)

Which scrambles count toward graduation

- You need three scrambles to graduate: At least one snow and one rock scramble. Your 3rd scramble can be any scramble.
- 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 not be a snow scramble or a rock scramble in which case it could still count as your 3rd scramble.
- Sign up for snow scrambles (not winter scrambles) on the website as soon as possible since the snow melts, every year some students miss getting their snow scramble.
- You need to summit for the scramble to count. If your party turns around 200 feet below the summit for any reason then that summit doesn't count.
- Scrambles must be led through The Mountaineers. Private scrambles do not count towards graduation.
- The peaks you climb as part of the course do not count.
- Conditioning hikes do not count.
- Multiple summits in a single trip count as only one summit.
- You must complete all three scrambles in a safe and competent manner.

Signing up for Scrambles

- Search for scrambles on The Mountaineers website:
- mountaineers.org | Explore | Find Activities | "Scrambling" checkbox | On the trip listing click "Register"
- Each year there are 250–300 scrambles listed on the website.
- Only sign up for scrambles within your level of ability.
- You can only sign up during the signup window. Each trip listing displays when that opens and closes.
- Read the trip's online Leader Notes since some scrambles are only for specific participants.
- You are able/allowed 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 signup time.
- If a scramble is full then you can join the waitlist. Very 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, see the "FAQ" section of this handbook on new trip email notifications
- You can't be signed up for two scrambles (or waitlists) on the same day
- 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 off Scrambles

- Never be a no-show, otherwise everyone will be waiting for you at the trailhead.
- If you need to cancel, do so as soon as possible, especially if there's a waitlist.
- Cancel off a trip if you're sick or have an injury which could limit you on the scramble. Otherwise you may slow down the group too much or cause a group safety issue.
- If the signup window is still open then cancel yourself by clicking "Cancel" on the trip listing.
- If the signup window has closed, then contact the Scramble Leader.
- Canceling at the very last minute is inappropriate. Only cancel last minute when absolutely necessary.

Waitlists

- If a scramble is full then you can join the waitlist. Very often participants will cancel and you'll get on the scramble.
- If you're 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 everyone involved.
- You can check where you are on the waitlist in the Activities section of your profile.
- If the scramble you want to get on is full then look for other scrambles happening on the same day. A peak you've never heard of may turn out to be a wonderful adventure.
- You can't be signed up for two scrambles (or waitlists) on the same day.

Carpooling

- The Mountaineers offers tools to help you set up carpools but it's always optional.
- Obviously, carpooling is good for the environment, but it's also beneficial for us since some trailheads have limited parking.
- Course field trips may have large groups so carpooling is even more important. You'll receive emails before your field trips detailing specifics of that trip. Use that as a way to contact others for carpooling.
- If you're a carpool rider then make sure to bring adequate money for your driver.

Makeups for workshops and field trips

- You need to attend all workshops and field trips to graduate.
- If you're unable to attend a workshop or field trip then let us know as soon as possible.
- Makeup options are very limited but there may be a chance we can figure something out.

Frame of mind while on scrambles

- Scrambling is a team activity. You'll need to work together and rely on each other.
- Arrive at the trailhead prepared – research the route ahead of time, bring all the necessary equipment, be in good physical condition, be mentally prepared for the day, etc.
- Always think of yourself as an assistant leader since The Mountaineers isn't a guide service – always speak up if you have a concern, make safety the number one priority, make sure everyone in your group is accounted for, if you see someone struggling then help them or let the leader know, etc.
- You're responsible for your own safety and wellbeing at all times – don't blindly follow anyone – if you think something is unsafe then please say something. It's always okay to ask questions.
- 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. The summit is not the goal! Home safely is the goal.
- If your pace is a lot faster than the rest of the group, please resist going far ahead of everyone. Instead stay with the team.
- Don't make summiting your goal. That way you won't be tempted to sacrifice safety just to reach the summit.
- A successful scramble doesn't mean you reached the summit, successful means everyone made it home safely.

Weather and road conditions *(Here is a list of some great online resources for planning)*

- Mountain weather forecasts: <http://mountain-forecast.com> ; <http://weather.gov>
- General weather forecasts: <http://wunderground.com> ; <http://accuweather.com>
- Avalanche forecasts: <http://nwac.us>
- Trail and forest road conditions: <http://wta.org> ; <http://www.fs.fed.us> ; <http://peakbagger.com>
- Road conditions and cameras: <http://wsdot.com/traffic/passes>
- Mountain cameras: Mount Rainier has an entire webcam page from all around the park. Mount Si has a live video feed (<http://146.129.248.180/northbend.html>)
- Check ski resorts etc.

Taping/covering the adze of your ice axe

- Generally speaking, the adze (sideways axe head) of your ice axe will not be needed for scrambling.
- Tape or cover the adze of your ice axe with duct tape so you don't accidentally cut yourself or anyone else.
- After it's taped, leave it on for the duration of this course.
- Tip: Instead of just putting a single piece of duct tape over the adze, first make a small pad of about five layers of duct tape, then fold that in half the long way and put it over the adze, then use a couple more pieces of tape to securely tape the pad to the adze.

Logging trips on peakbagger.com

- There are many ways to keep track of the scrambles you've done, but one of the neatest methods is to create an account and record your trips on: peakbagger.com.
- The website has all of the summit lists (like the 100 peaks in MRNP, the Snoqualmie 20, etc.) and as you log your summits it will display your progress within all the summit lists.
- This is also handy as a type of climbing résumé, allowing you to send a link to your peakbagger 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 profile on their Mountaineers profile.

Stewardship

- This Scrambling Course requires you to do any type of stewardship activity to graduate. The Mountaineers encourages everyone to volunteer a little of their time.
- Some options are trail work, habitat restoration, tree planting, invasive species removal, etc.
- By far the most common option is trail maintenance, and the best way to find an activity is: <http://wta.org/volunteer>. Note that doing two days on forest service land will get you a free annual NW Forest Pass.
- Another source for finding an activity is The Mountaineers website: mountaineers.org | Explore | Find Activities | "Stewardship" checkbox
- Some volunteering sources are: <http://wta.org/volunteer> ; <http://earthcorps.org> ; <http://mtsgreenway.org> ; <http://wawild.org> ; <http://trailvolunteers.org>

Snow and Winter Scrambling

The general policy is that Scrambling Course students cannot go on “winter scrambles” until they’ve graduated. That is a good rule with plenty of good reason behind it! However, because of the way that the Kitsap program is organized it is cumbersome for our students to graduate in a timely manner. The Kitsap branch will offer a relatively easy “snow” scramble during the winter months specifically for our scramble students to be able to meet their requirements. You will not be allowed on this scramble if the course leader and/or the scramble leader does not feel comfortable having you! Please allow him/her to complete freedom in this managerial process. It is a very important responsibility that should not be influenced by anything other than team safety!

- How winter scrambles differ from snow scrambles
- The types of additional clothing and gear you'll probably need
- How to deal with the challenges of unpredictable weather
- The types of crampons you may need for some scrambles
- What to look for when shopping for snowshoes
- Methods to stay warm
- How to manage your water
- Avalanche gear you may need depending on conditions
- Route finding difficulties over snowy terrain
- Emergency gear your group should carry in the winter
- Snow camping tips and tricks (if time allows)

WHAT'S NEXT

Now that you've graduated from the Alpine Scrambling Course there are many paths you can follow based on your interests

Go on summer trips

- Summer scrambles (April–October) – continue enjoying these
- Hikes – everyone can sign up for these

Go on winter trips

- Winter scrambles (November–March) – these are very different from summer scrambles, there is also a Winter Scrambling Seminar in early December to get you started, see the "FAQ" section of this handbook on the Winter Scrambling Seminar
- Snowshoeing trips – Scrambling Course graduate are qualified to sign up for any snowshoeing trips – 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 courses with The Mountaineers to advance your skills

- Advanced Scrambling – modules offered throughout the year (ropes & anchors, emergency overnights, etc.)
- GPS Navigation Course – learn how to use your GPS – smartphone GPS apps work great
- Basic Alpine Climbing Course – an involved course learning how to belay, climb Glaciers, 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
- 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 is through the Seattle Snowshoe group, this course will teach you how to build a snow cave and spend the night in it
- Avalanche courses – there's a short course on avalanche awareness and also a much more advanced AIARE Level 1 course

Instruct/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 to cement the skills you learned as a student. Having just taken the course it's all fresh in your mind, making you a valuable asset to helping new students.
- Scrambling Committee – join the committee to help shape the direction of future Scrambling Courses.
- Wilderness Navigation Course instructor – you can help at the workshop or the field trip, doing both renews your Basic Navigation Course badge for an extra three years.
- Wilderness First Aid patient – you can 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 Required for to become a trip leader within The Mountaineers. It is also beneficial to those who may not want to lead as a wonderful way to learn to good follower as you consider team dynamics.
- Qualified Youth Leader – you need this profile badge to instruct youth, search The Mountaineers website

NOTES & CONTACTS