

Mount Hood Intro to Ski Mountaineering Camp
Mount Hood, Oregon

Girls Trip: July 1-3, 2019

Level: 14 and Older

A girls-only introduction to ski mountaineering camp on Mount Hood, Oregon. The camp will include an all-female professional guide team and education on ski mountaineering fundamentals.

Itinerary:

July 1st: Arrival day!

Guides will pick up any athletes at the airport and drive them to government camp. Details on time window TBA.

The remainder of the evening will be spent doing a gear check, dinner and an overview of the camp plan.

July 2nd: Ski Mountaineering Day School

Athletes will wake up early for an early load on the lifts. From the top of the lifts they will tour up above the ski area and review skills for the summit attempt the following day. This will include ice axe self-arrest, how to use crampons, basic skinning techniques, rope travel and other skills that the guides think will be important to cover before the summit attempt.

The group will then return to government camp where they will review the plan for the following day, get gear sorted for the summit attempt and eat dinner!

July 3rd: Summit Attempt

Guides and athletes will have an early wake up and make an attempt to ski off the summit (weather and route conditions depending). If the conditions do not look good for an attempt to ski off the summit, the guides have the option to adjust the time plan, get an earlier start and make a summit attempt without skis. This is all weather dependent.

The goal is to return to government camp by 12am and then athletes will either get picked up or guides will take them to the airport. (Times for airport departure TBA).

Girls signing up for this trip should be in good physical condition and have an interest in learning new skills in the mountains.

Lodging, food, airport are included in this trip.

Gear included in this trip for Keely's Campers:

- Use of Blizzard Demo Skis with Marker Kingpin Bindings

- Ski Crampons (for marker kingpin bindings, if using your own skis please email Keely or Lindsay to see if Keely's Camps ski crampons are compatible with your bindings)
- Climbing Skins for Blizzard Skis
- Climbing Harness and Carabiner

Gear List

Technical Gear

- Avalanche Transceiver (must have good batteries)
- Shovel
- Avalanche Probe
- Ski Poles
- Ice Axe **
- Crampons **
- Helmet
- Touring boots compatible with Marker Kingpin bindings
- Headlamp

Personal Gear

- Ski pack for one day trips (35-40 Liters)
- Ball Cap
- Good quality sunglasses or glacier glasses
- Ski goggles
- Sun block and lip sunscreen
- 2 1 qt water bottles (or ability to carry 2 L of water)

Clothing

- Long underwear top (no cotton)
- Long underwear bottom (no cotton)
- Lightweight fleece or softshell jacket
- Down or synthetic insulated jacket
- Ski Pants (waterproof/breathable)
- Shell jacket with Hood
- Ski socks (no cotton)
- 1 medium/ heavy weight pair of gloves or mittens
- 1 lightweight pair of gloves
- Ski Hat
- Buff

** Girls who need to rent technical gear will have the option to do so through Timberline Mountain Guides. Keely's Camp will send out an email to girls once they have registered for camp about the gear rental options. Please feel free to reach to Keely's Camp if you have any questions on rental gear prices or any other gear questions.

Please note Timberline Mountain Guides does not rent ski touring boots.

Women's Trip June 27-29th

Mount Hood Intro to Ski Mountaineering Camp
Mount Hood, Oregon

Women's Trip: June 27-29th

A women's-only introduction to ski mountaineering camp on Mount Hood, Oregon. The camp will include an all-female professional guide team and education on ski mountaineering fundamentals.

Itinerary:

June 27th: Arrival day!

Guides will meet the women participating in this camp for a welcome dinner the first night. Following the dinner guides will do a gear check and go over the plan for the following days.

June 28th: Ski Mountaineering Day School

Women will wake up early for an early load on the lifts. From the top of the lifts they will tour up above the ski area and review skills for the summit attempt the following day. This will include ice axe self-arrest, how to use crampons, basic skinning techniques, rope travel and other skills that the guides think will be important to cover before the summit attempt. The group will then return to government camp where they will review the plan for the following day.

July 29th: Summit Attempt

Guides and athletes will have an early wake up and make an attempt to ski off the summit (weather and route conditions depending). If the conditions do not look good for an attempt to ski off the summit, the guides have the option to adjust the time plan, get an earlier start and make a summit attempt without skis. This is all weather dependent.

Women signing up for this trip should be in good physical condition and have an interest in learning new skills in the mountains.

Lodging and food are not included in the cost of this camp (except for the Welcome Dinner the first night!).

Gear included for in this trip for Keely's Campers:

- Use of Blizzard Demo Skis with Marker Kingpin Bindings
- Ski Crampons (for marker kingpin bindings, if using your own skis please email Keely or Lindsay to see if Keely's Camps ski crampons are compatible with your bindings)
- Climbing Skins for Blizzard Skis
- Climbing Harness and Carabiner

Gear List

Technical Gear

- Avalanche Transceiver (must have good batteries)
- Shovel
- Avalanche Probe
- Ski Poles
- Ice Axe **
- Crampons **
- Helmet
- Touring boots compatible with Marker Kingpin bindings
- Headlamp

Personal Gear

- Ski pack for one day trips (35-40 Liters)
- Ball Cap
- Good quality sunglasses or glacier glasses
- Ski goggles
- Sun block and lip sunscreen
- 2 1 qt water bottles (or ability to carry 2 L of water)

Clothing

- Long underwear top (no cotton)
- Long underwear bottom (no cotton)
- Lightweight fleece or softshell jacket
- Down or synthetic insulated jacket
- Ski Pants (waterproof/breathable)
- Shell jacket with Hood
- Ski socks (no cotton)
- 1 medium/ heavy weight pair of gloves or mittens
- 1 lightweight pair of gloves
- Ski Hat
- Buff

** Anyone who needs to rent technical gear will have the option to do so through Timberline Mountain Guides. Keely's Camp will send out an email with more information after registering for camp about gear rental options. Please feel free to reach to Keely's Camp if you have any questions on rental gear prices or any other gear questions.

Please note Timberline Mountain Guides does not rent ski touring boots.