



Mount Hood Intro to Ski Mountaineering Camp

Mount Hood, Oregon

June 22-24, 2021

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:

June 22nd 3-5pm: Orientation

Guides will meet the girls participating in this camp at 3pm to go over the following:

- Expectations/ goals for the camp
- Safety briefing
- Gear check
- Tips on how to pack your pack

June 23rd: Ski Mountaineering Day School

Meet time: TBD

Guides will meet the girls at the base of Timberline ski area. From the top of the lifts they will tour 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. Following the field day guides will review the day with the girls and review the plan for the summit day!

June 24th: Summit Attempt

Guides and athletes will meet at the base of Timberline ski area and make an attempt to ski off the summit (weather and route conditions depending).

If all goes according to plan, guides and athletes will ride the chairlift to the top of the ski area. They will make their summit attempt from there dependent on conditions and weather. If conditions do not allow us to ski off the summit, guides will make that decision and we have the option to leave our skis at various places on the route.

The goal is to return to the base by early afternoon. Guides will then debrief the day with the girls!

Girls 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 trip this year.

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.