



MT. LASSEN MOUNTAINEERING CAMP

This two day mountaineering program ventures into the [Mt. Lassen Volcanic National Park](#). This is an intensive training course focusing on basic mountaineering skills such as crampon & ice axe use, self arrest, roped team travel, and glissading. In addition participants will gain valuable snow camping experience with professional mountain guides. Snow and weather permitting participants will have the opportunity climb and summit Mt. Lassen (10,457 feet). This program is an excellent training trip for other mountaineering objectives such as Mt. Shasta.

On Day 1 the group meets at 8 AM in the Old Chalet parking lot at Mt. Lassen National Park. Group gear will be distributed and a thorough equipment check will ensure everyone is properly prepared. If Bumpass Pass is open, we will carpool to a higher trailhead. A moderate two mile hike will bring us to our backcountry basecamp. After establishing camp, we will start training with ice axe and crampon skills. As the sun dips lower in the sky MAS guides will prepare a warm and tasty dinner before settling in for the evening.

Day 2 starts early in preparation to climb the steep snow slopes of Mt.. Lassen (10,457 feet). Put your new mountaineering skills into action while climbing the steep snow slopes. The views of the Cascades to the north and the Sierra to the south are unsurpassed. After and the descent is definitely a thrilling glissade back to basecamp.

PREREQUISITES:

- Very good physical condition
- Previous overnight backpacking experience

TRIP OBJECTIVES

- Learn the mountaineering basics of ice axe and crampon use.
- Practice skills relevant to safe mountain travel including route finding and avalanche avoidance.
- Enjoy traveling on a rope team and descending by glissading.
- Practice making snow camping comfortable, enjoyable and safe.
- Relax and enjoy the beauty of Mt.. Lassen National Park.

MEETING TIME & PLACE: Meet at 8 AM on the first morning at the Southwest Campground parking lot in Mt.. Lassen National Park at the winter terminus of Highway 89. Please note that this campground is currently closed until September 2008. Camping and lodging can be arranged at the [Mineral Lodge](#) only 10 minutes from the Park entrance. We recommend staying in at least Red Bluff the night before to ensure a good night's sleep. There is a \$10 entrance fee to Mt. Lassen National Park unless you have a National Park Pass.

DIRECTIONS: From Sacramento, take Highway 5 north 130 miles to Red Bluff. Then take 36 East to 89 North in Mount Lassen National Park. The winter terminus of Highway 89 is the Old Ski Chalet Parking Area. The Chalet is no longer in operation and there are few services east of Red Bluff. Expect a 45 minute drive from Red Bluff with favorable weather conditions. ([more info.](#))

COURSE REGISTRATION: Preregistration is required and a 50% deposit reserves your spot. [Secure online registration](#) is available through the MAS web site. Participants can also [email](#) or call the MAS office at (209) 753 6556 ext. 1.

• PLEASE SEE EQUIPMENT LIST ON REVERSE •

MT. LASSEN MOUNTAINEERING EQUIPMENT LIST

Please try to pack light and compact. Be prepared to save some room in your backpack for group gear (approximately the size of a basketball). If you have any questions about equipment on this list please don't hesitate to [contact](#) the MAS office. You may be asked to show the contents of your pack to your guides prior to leaving the trail head.

GEAR:

- Boots*: high-top leather or plastic mountaineering boots; 3/4 or full shank necessary for crampons.
- Ice Axe*: Length should run from your hand to your ankle. A leash from the head of the axe to your harness is preferred.
- Crampons*: 10 or 12 point crampons should be pre-fitted to your boot.
- Poles*: telescoping probe poles are the best, but regular ski poles will suffice. (optional)
- Climbing harness: adjustable leg loops are best. (MAS can provide)
- Backpack*: internal frame preferred; 3500-4500 cubic inches
- Sleeping bag*: down or synthetic mummy bag rated to 20°F or colder.
- Sleeping pad*

CLOTHING:

- 1 pair heavier synthetic or wool blend socks, hiking style.
- 1 pair synthetic liner socks (optional)
- Gaiters depend on your boot system. If in doubt, please ask.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight.
- Warm shirt: expedition polypropylene or light fleece type.
- Fleece jacket or equivalent.
- Light down or synthetic fill jacket. This item would replace above item.
- Good quality snow/rain/wind jacket and pants. Jacket should have a hood.
- Warm hat
- Warm winter gloves
- Sun hat & bandana (optional)
- Spring gloves (optional)
- Neck gaiter or balaclava (optional)

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- Sunglasses
- Goggles
- Tooth brush, personal medications and basic first aid supplies you might need (e.g. moleskin, ibuprofen)
- Heavy-duty sunscreen and lip protection
- Two 1-liter plastic water bottles (wide-mouth required)
- Headlamp with extra batteries and bulb.
- Camera and film (optional)
- Plastic spoon, bowl and insulated cup (MAS will provide if needed)
- Three lunches, snacks and breakfast for the first morning

M.A.S. PROVIDES:

- Four-season dome tents
- One backcountry breakfast & dinner
- Snowshoes if necessary
- Permits and guiding fees
- All cooking supplies
- First aid kit, repair and contingency supplies
- All climbing gear necessary
- Professional guiding and instruction

* gear rentable at a mountaineering shop

