

## 2025 Winter Mountaineering and Advanced Crevasse Rescue (Intermediate Glacier Module) Course Schedule:

*Women and Non-binary Affinity Trip (WNBT) are marked where applicable. [Click here](#) to learn more about these trips.*

Course Activities	Dates (students register & attend for only one, unless otherwise noted)	Attendance Required?	Content / Successful Outcome Notes
Basic Refresher	<p>Jan 10, 2025</p> <p>Jan 17, 2025</p> <p>Jan 24, 2025</p>	Students are welcome to enroll in as many basic refresher activities as needed to feel confidence / proficiency in their skills.	Students to get competent on: <ol style="list-style-type: none"> <li>(1) Extended Rappel with sling (no PAS)</li> <li>(2) Belay Tie-off</li> <li>(3) Rope Ascension (Texas)</li> <li>(4) Crevasse Rescue 2:1 or 3:1</li> </ol>
Course Kickoff + Social	<p>Feb 5, 2025</p>	Highly recommended to set the tone for the course & to network with others.	Have: <ol style="list-style-type: none"> <li>(1) 1 hour of potluck social (TBD: Bring in SIG leaders and climb leaders to join the potluck social for networking)</li> <li>(2) Welcome Presentation</li> <li>(3) Gear Display</li> </ol>
Field Trip 1 - Protecting your follower	<p>Feb 11, 2025</p> <p>Feb 12, 2025</p> <p>[ Feb 18, 2025 - WNBT]</p> <p>Feb 19, 2025</p>	<ul style="list-style-type: none"> <li>● If you have graduated from one of the Intermediate rock modules (single or multi-pitch), you may skip this FT.</li> <li>● If you have not graduated from one of the Intermediate rock modules you are required to attend one of these activities.</li> <li>● If not proficient in these skills, or if you'd like a refresher, please register for one of the optional practice nights.</li> </ul>	To cover: <ol style="list-style-type: none"> <li>(1) Anchor</li> <li>(2) Belaying / Lowering</li> <li>(3) Belay Escape</li> </ol>
AIARE Course (coordinated to open registrations on Nov 15 for WMCR students as needed)	<p>Feb 21, 2025</p>	<p>The AIARE-1 course can be taken through The Mountaineers or from any of the other providers. This course needs to be completed by Feb 28.</p> <ul style="list-style-type: none"> <li>● We worked with The Mountaineers to keep one course available for our students to take: <a href="#">3-Day AIARE Course at Baker</a> (registration opens on Nov 15).</li> <li>● Courses provided by other providers can be found here: <a href="#">Find Local AIARE Avalanche Courses - Expert Training &amp; Safety (avtraining.org)</a></li> </ul>	<p>Online learning as required by the provider. Some have in-person classroom sessions, others require you to do online learning. This is a 24-hour course that requires 16-24 hours of additional coursework including preparation, homework, and other readings before the snow trip. Plan accordingly.</p> <p>We also recommend practicing traveling in and out of avalanche terrain with experienced trip leaders to gain more from the course and mentally feel confident as we do trips on the snow/glacier.</p>

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Field Trip 2 - Crevasse Rescue Nuances	[ Feb 25, 2025 - WNBT Feb 26, 2025 Feb 27, 2025 Mar 4, 2025	<ul style="list-style-type: none"> <li>• If you graduated from one of the Intermediate rock modules (single or multi-pitch or self-rescue 1/2) you may skip the rappel to ascension tutorial and leave the FT early.</li> <li>• You are required to attend one of the activities in its entirety if you have not graduated from one of the Intermediate rock modules.</li> <li>• If not proficient in these skills, or if you'd like a refresher, please register for one of the optional practice nights.</li> </ul>	To cover: (1) 6:1 from 2:1 / 3:1 (2) Rappel to Ascension
Winter Overnight Experience Trip (2-day trip)	Mar 8, 2025 Mar 15, 2025 [ Mar 22, 2025 - WNBT]	<p>Students are required to bring the appropriate gear needed. Be prepared to sleep in your snow cave. If the weather is poor or the cave dug by the student is not acceptable to sleep in then we will potentially sleep in tents (brought by student) or cancel the outdoor overnight stay entirely.</p> <p>We request that all participants be able to care for themselves. This includes bringing the correct gear for staying comfortable and warm. Students should feel empowered to voice their opinions if they feel uncomfortable, want adjustments to the environment/people around them, or generally feel unsure about the circumstances. We want everyone to feel safe at all times. We do our best but on occasion, miss clues displayed by students if not directly stated.</p> <p>Students are required to be available on both days of this weekend and be able to meet at the Seattle Program Center if the weather only allows for one day on snow.</p>	<p>The trip is a GO for all weather conditions.</p> <p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- AIARE-1 Certification</li> <li>- Mount Rainier Climbing Annual Fee</li> </ul> <p>TBD: Awards Snow camping/cave badge</p> <p>To cover:</p> <p>Day 1 -</p> <ol style="list-style-type: none"> <li>Variety of Snow Shelters</li> <li>Rope Setup &amp; Short roping Practice (moved indoors for Day 2 if weather is bad)</li> <li>Sleeping in tents, (caves optional; also sleeping can be canceled only if frigid temps or rain are encountered)</li> </ol> <p>Day 2 (moved indoors if weather is bad) -</p> <ol style="list-style-type: none"> <li>Emergency Sled (if weather is bad, move this to Day 1)</li> <li>Travel</li> </ol>

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Optional Practice Nights	TBD	At volunteer's availability and schedule conflicts, will be posted on the website for signups. Attend as needed or if instructed to do so. 3 or 4 activities scheduled per month, Feb-April.	Coordinate with the leader of the activity and share what you'd like to practice.  These practice nights provide space for you and other students to practice the skills you learned at the field/experience trips. Volunteer(s) will be available at the event to help guide you if needed.
Mandatory Practice Night	Mar 5, 2025 Mar 6, 2025 Mar 7, 2025 Mar 11, 2025	Every student is required to attend one of these activities to ensure you are ready for a solo-crevasse rescue scenario. You will be required to bring an unconscious fallen climber to the rescue anchor in approximately 30 minutes.	Get ready for the roof scenario at FT3 by practicing the skills learned at FT1 & FT2
Field Trip 3 - North Roof Crevasse Rescue Scenario	[ Mar 12, 2025 - WNBT] Mar 13, 2025 Mar 14, 2025 Mar 18, 2025 Mar 19, 2025	All students are required to attend one of these activities in its entirety.  If not proficient in these skills, or if you'd like a refresher, please register for one of the optional practice nights.	To cover: Solo crevasse rescue scenario of an unconscious fallen climber
Field Trip 4 - Small Party Rescue	Mar 23, 2025 Mar 30, 2025 Apr 5, 2025 [ Apr 6, 2025 - WNBT]	All students are required to attend one of these activities in its entirety.  If not proficient in these skills, or if you'd like a refresher, please register for one of the optional practice nights.	To cover: (1) 6:1 practice w/ 2-person setup (2) Small Party Rescue ( <a href="#">awards rescue methods badge</a> ): <ul style="list-style-type: none"> <li>- Rescue Station Management</li> <li>- Patient Care</li> <li>- 5:1 &amp; 7:1</li> <li>- Lowering/Raising</li> </ul>
Volunteer Day @ Kite Hill (10 students/trip)	Apr 22, 2025 Apr 24, 2025 May 20, 2025 May 22, 2025	Please be available to help out at our Basic climbing course on the following evenings. Attend one of the following. <a href="#">4/22</a> ; <a href="#">4/24</a> ; <a href="#">5/20</a> ; <a href="#">5/22</a>	Crevasse Rescue Practice/Eval at Kite Hill, teach or evaluate the basic students on crevasse rescue using a drop-loop or 2:1 hauling system.
Volunteer Day @ Snoqualmie (20 students/trip)	Apr 27, 2025 May 3, 2025	Please be available to help out at our Basic climbing course on the following dates. Attend one of the following. <a href="#">4/27</a> ; <a href="#">5/3</a>	Basic Snow FT at Snoqualmie Ski Areas, going over cramponing, snow travel (ropes and unroped, using ice axe), crevasse rescue (not full but until the fallen climbers weight is transferred to the rescue anchor)

Course Activities	Dates (students register & attend for only one, unless otherwise noted)	Attendance Required?	Content / Successful Outcome Notes
<p>Dummy Activity on course page (all students)</p>	<p>End of April</p>	<p>No attendance needed. Upon successful completion of all the skills as listed to the right, you will receive a glacier rope leadership badge. This activity helps the course to monitor the roster and award the badge.</p>	<p>To award <a href="#">Glacier rope leadership badge</a> and <a href="#">Leadership Development Continuing Education</a> upon completion of all FTs successfully and online courses with assignments.</p> <p><u>Note:</u> Have assignments due by mid-April to grade them and have a back and forth feedback loop.</p>
<p>Early Season Glacier Experience Trip (3-day trip; Sat-Mon)</p>	<p>[ May 10, 2025 - WNBT] May 17, 2025 May 24, 2025</p>	<p>Every student is required to be available for all 3 days of the activity (Sat-Mon).</p> <p>If the weather is too bad to do / complete the trip, the participants and instructors of the respective trip will meet at the Seattle Program Center where instructors will review the student's trip plans to Sherman Peak. They will also review a few other technical/soft skills.</p> <p>The time spent in town will be approximately 6-8 hours should we not travel to Easton Glacier for this trip (which provides a thorough review of the skills learned in the course through mentorship on real glaciated terrain).</p>	<p>Requirements:</p> <ul style="list-style-type: none"> <li>- <a href="#">AIARE-1 Certification</a></li> <li>- <a href="#">Online Courses completed, 2 weeks prior</a></li> </ul> <p>Day 1: Getting to camp and leadership and short roping discussion in small groups</p> <p>Day 2:</p> <ul style="list-style-type: none"> <li>● Navigating crevasses,</li> <li>● steep snow cramponing,</li> <li>● Use of ice screw,</li> <li>● Team Arrest</li> <li>● Crevasse rescue practice over the serac walls or actual crevasse.</li> </ul> <p>Day 3: Summit Sherman or Baker (possibly Colfax instead of Baker, if conditions allow) and ski/boot down to the cars (include planning + mapping exercises)</p> <p>At bar:</p> <ul style="list-style-type: none"> <li>- Discuss the outcome of the course and the progression/next steps</li> <li>- Encourage them to return as a volunteer</li> </ul>
<p>Student::Leader Social (all students and instructors)</p>	<p>TBD (June 9 - 27)</p>	<p>Highly recommended to celebrate the rope leadership and to network and make summer plans with peers.</p>	<p>All intermediate students to join and hopefully mingle to make summer plans and next steps (Doodle among course leads as the date nears)</p>

Course Activities	Dates (students register & attend for only one, unless otherwise noted)	Attendance Required?	Content / Successful Outcome Notes
Late Season Glacier Experience Trip (1 Day)	Sep 13, 2025 [ Sep 14, 2025 - WNBT] Sep 27, 2025 Sep 28, 2025	<p>Upon aspiration of the past graduates, we will make plans to explore the Nisqually glacier with late season conditions. This will be a full day activity to revisit the contents of the course as a refresher but in very different conditions than on baker in May.</p> <p>Students are requested to stay for debrief at the bar.</p> <p>If the weather is not cooperative on the day of the trip, this will be canceled. No other trips will be scheduled in such a situation. For more details on whether this affects your graduation from the course, see the 'graduation requirements' below.</p>	<p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- AIARE-1 Certification</li> <li>- Mount Rainier Climbing Annual Fee</li> </ul> <p>At Nisqually:</p> <ul style="list-style-type: none"> <li>- Practice navigating Nisqually glacier</li> <li>- Practice being lowered and rescued in the icy crevasse</li> </ul> <p>At bar:</p> <ul style="list-style-type: none"> <li>- Celebrate the course completion</li> <li>- Debrief how and if they use planning tools in summer</li> </ul>
Course Graduation	End of September	Administrative Task, no registration to activity or other action needed by the student.	<p><b>Graduation Requirements:</b></p> <ul style="list-style-type: none"> <li>- FTs skills successful with clear efficient skills displayed to one of the instructors</li> <li>- ET1 (dug snow shelters/caves + patient transport)</li> <li>- ET2 (okay if canceled; but practice and debrief Day 3 plans &amp; map work)</li> <li>- ET3 (if canceled due to weather, okay if real crevasse practice was experienced at ET2)</li> </ul> <p><u>Note:</u> If both ET2 &amp; ET3 is canceled, students will be asked to self-select to graduate or come back next year to experience real crevasse.</p> <p><b>Awards the course badge.</b></p>

Notes:

- (1) The Students are required to commit to the dates and make themselves available for homework, online learning and other work as requested to complete the course.
- (2) Communication with the course leader / FT Liaison is highly important in the case that life events happen and prevent you from fulfilling your commitment. In such an instance, we would like to be a part of the communication in order to do our best to ensure you get to complete the course at a pleasant pace.

## Women and Non-binary Affinity Trip (WNBT)

A Women and Non-binary Affinity Trip (WNBT) is a trip or course designed to create a safe and supportive space for women and non-binary individuals to learn and participate in outdoor activities. These trips are led by and for women and non-binary people, fostering a sense of community and empowerment.

### Why WNBTs?

WNBTs are important because they address the unique challenges and barriers that women and non-binary people may face in outdoor recreation, such as:

- Underrepresentation: Women and non-binary people are often underrepresented in outdoor leadership and participation.
- Stereotypes and bias: Women and non-binary people may face stereotypes and bias that can discourage them from participating in outdoor activities.
- Safety concerns: Women and non-binary people may have safety concerns that can be addressed in a supportive, single-gender or non-binary environment.

### Benefits of WNBTs

- Increased confidence and skill development: WNBTs provide a safe and supportive environment for women and non-binary individuals to learn new skills and build confidence in their abilities.
- Community building: WNBTs foster a sense of community and belonging among women and non-binary outdoor enthusiasts.
- Empowerment: WNBTs empower women and non-binary people to take on leadership roles and challenge themselves in the outdoors.

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