



Overview

This seven-day course will teach you the technical snow and glacial mountaineering skills necessary to summit. The skills you learn and your proficiency in self-care will be a critical part in creating a highly functional climbing team. After arriving in Seattle, Washington you will drive directly to the National Park to prepare for the expedition. During your time on the mountain, you will be carrying significant pack weight, so arriving physically fit is essential.

Mt. Rainier is one of the most renowned mountaineering objectives in the United States. Rising to 14,410' in elevation, Rainier is the most heavily glaciated peak in the lower 48. This course is one the most demanding that Outward Bound offers and it requires that each student possess excellent fitness, self-care, and experience as a team member. Though previous mountaineering experience is not required, it is recommended.



Outward Bound climbs the Emmons-Winthrop route because it is less traveled and more pristine than other popular routes on the mountain. The Emmons-Winthrop offers outstanding views and a spectacular progression from lush forest to high-elevation glacier. In addition, our itinerary allows for significantly more skills instruction than many other guide services on the mountain.



This Outward Bound course is not a guided climb – it will require active participation, decision-making, and commitment from everyone involved.

Course Area

MOUNT RAINIER NATIONAL PARK, WASHINGTON – Located just over 50 miles from downtown Seattle and Puget Sound, Mt. Rainier National Park has the striking contrast of lush meadows and vibrant wildflowers set against the backdrop of deeply crevassed glaciers. Mt. Rainier is the tallest volcano in the Cascade Range, and is an active stratovolcano, home to incredible geology and unique flora and fauna.

Course Activities

SOLO – The solo experience provides the opportunity to reflect, rest and practice the camp-craft skills you have been learning throughout the course. Solo length is based on length of course, weather, student



condition and age and instructor preference. Instructors will choose your solo site to offer as much solitude as possible, within a safe distance for emergency contact with them. You will not travel during this time and your instructors will check on you occasionally, but you will be mostly alone for the duration of your solo. During solo you will be provided with sufficient water, food, and equipment. On this course, solos range from 30 minutes to 8 hours, depending on itinerary limitations and instructor preference.

SERVICE – Service to others and the environment is a core value of Outward Bound and is integrated into each course. Participants follow Leave No Trace ethics as service to the environment and do acts of service while leading and supporting fellow participants. Students develop a value of service, seeing the impact of their actions firsthand, and transfer this desire to serve their communities back home. Shorter courses may or may not have an organized service project.

OUTCOMES – Most adults find it hard to get away. Adult lives are so busy, often filled with pressures and expectations, that it's difficult to find time to do things for oneself. Our one-week courses are the perfect opportunity to unplug, get a fresh perspective, step out of routines, challenge oneself in new ways, and discover new strengths. No previous experience is necessary—all wilderness skills are taught from the beginning. Students will only need to be physically fit and motivated to live, learn and work in a team. The expedition may only last a week but the power of the experience will last a lifetime. The expedition encourages students to: Remain engaged and present, giving every challenge their best effort, even when the goal seems beyond their reach; Form a team and focus on the team effort; Share responsibilities, communicate and lead; and Find reserves of tenacity and compassion.

Sample Itinerary

Please note that this is an example of activities that might occur on course, not a specific schedule or guarantee. All itineraries will vary depending on student groups, instructor teams, and environmental factors.

Day 1	Arrive at Sea-Tac and drive to the campground at the base of Mt. Rainier
Day 2	Drive to trailhead and hike to Glacier Basin
Day 3	Snow school, rope team travel training, climb to Camp Schurman
Day 4	Crevasse rescue and/or other training
Day 5	Summit Day
Day 6	Descend to White River
Day 7	Drive to Seattle and Course End