



## Overview

Mt. Rainier (originally called Tahoma) stands at 14,410 feet, and is the most heavily glaciated peak in the contiguous United States. On this expedition, you'll learn how to use an ice axe, travel on a rope team, and climb steep snow. You'll practice rescuing a climber from a crevasse and work towards summiting Rainier as a team. The course includes a focus on cultivating skills around leadership, character development, service to others and interpersonal development. Long days, significant elevation gain and traveling at high altitude makes this one of the most mentally and physically demanding courses that Outward Bound offers. Each student must possess excellent fitness, self-care and team ethics. Prior mountaineering experience is not required though experienced climbers are welcome.

## Outcomes

Outward Bound promotes character development, leadership, and service in the most engaging classroom possible ... the wilderness. In real time, students experience the effects of their decisions on themselves and the other members of their group as they work to complete difficult tasks necessary for wilderness travel. Instructors challenge students to try new things and step outside their comfort zones. They also provide individualized feedback to students that can be implemented on course, as well as afterwards upon return home to their communities. Adult courses offer a unique opportunity to disconnect from everyday life and reconnect with one's self and others. Regardless of age or life stage, Outward Bound believes that everyone can benefit from opportunities to experience challenge, adventure, and to work within a supportive environment to gain a greater sense of self.

## 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

**MOUNTAINEERING** - In seven days, students will learn all the technical skills necessary to climb Mt. Rainier from our experienced instructors. Teams will meet in Seattle, WA and drive together to Mt. Rainier National Park to make camp and prepare for the expedition, melding into a cooperative crew while formulating a climbing plan.





Learn how to pack food and gear for accessibility and balance while climbing, and journey upwards through lush forest and onto the Emmons glacier. Here, in perhaps nature's most scenic classroom, students will learn the climbing techniques, rescue skills, and teamwork that will take them to the top. This is an Outward Bound course, not a guided climb. This course requires active, full participation and commitment from everyone involved. Mountaineering is hard work. Arrive physically fit and excited for a challenge.

**SOLO** – In order for profound learning to take place, students spend time reflecting on their experience, and Solo is that opportunity. The Solo experience provides an important break from the rigors of the expedition and gives students the opportunity to reflect on their Outward Bound experience. With sufficient food and equipment, students will set up camp at sites of their own, using the wilderness skills learned during the first portions of the course. The amount of time students spend on Solo is based on course length, weather, student condition, age, and Instructor preference. Solo campsites are chosen to offer as much solitude as possible (yet be within emergency whistle-signaling distance of other group members). Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future. Instructors check on each participant at regular intervals, as safety is always a top priority.

**SERVICE** – Service to others and to our environment is a core value of Outward Bound and is integrated into each course. Groups follow Leave No Trace ethics as they engage in acts of service while leading and supporting fellow participants. Students see the impact of their actions firsthand and may develop a desire to continue service in their home communities.

### 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 Peak Attempt Day
- Day 6** Descend to White River
- Day 7** Drive to Seattle and Course End

