

Mt St Helens

Details below provided by PP&R

Elevation: 8,365 feet

Guide Service: Portland Parks & Recreation (PP&R)

Minimum Fundraising Total: \$2,000.00

Overview

Few mountains are as notorious the world over as Southwest Washington's Mt. St. Helens. The question, "where were you on May 18, 1980?" is one most people from the Pacific Northwest can easily answer, in great detail. Mt. St. Helens is an active volcano in Mt. St. Helens National Monument, near Vancouver, Washington. Its iconic slopes make an enjoyable spring mountaineering adventure. Our trip will take the Monitor Ridge route from the Climbers Bivouac. It is a non-technical climb suitable for anyone in good physical condition. The first day of your journey is devoted to practice sessions on the mountain, called snow school. You will have time to thoroughly learn the skills needed for a successful and safe ascent on day two. No camping necessary!

Climbing skill level

This climb is open to any physically fit, enthusiastic novice, beginner or advanced beginner. One day of training is included in the climb.

Physical conditioning: 20+ pound pack

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. We encourage you to contact PP&R so that they can assist you in developing a training program that meets your particular needs.

Mt St Helens Climb Itinerary

Details below provided by PP&R

Day 1

Meet your guides and the Portland Parks and Recreation (PP&R) van in Portland, OR and depart for your custom “snow school” on the mountain, and your gear check. Be prepared use your equipment and practice mountaineering skills. We will have a discussion and climber orientation to review gear, mountaineering techniques, climbing pace, and team building. Please bring every item on your gear list. We will return to Portland early for a hosted dinner and a good night’s sleep.

Day 2

Wake up and eat breakfast. We’ll take the PP&R van to the trailhead (3,400 feet) and begin climbing. After an enjoyable trip to the summit, we’ll return to the trailhead in the early evening and drive back to Portland, OR. You’ll have hiked through a historic landscape while witnessing first-hand the rebuilding of nature. This climb is like none other. We’ll keep a moderate pace and the guides with Portland Parks and Recreation will offer instruction and helpful suggestions as you move above treeline. We’ll celebrate with a team dinner together.

Mt St Helens Climb Gear List

Details below provided by PP&R

Upper Body

- **Base Layer:** Lightweight long underwear. Light colors and zip necks help with ventilation (Suggested brand, Patagonia capilene)
- **Insulating Layer:** Expedition-weight long underwear, synthetic sweater, softshell jacket. (1-2 layers in this category are recommended depending on personal preference and weather conditions)
- **Shell Layer:** Waterproof (Gore Tex) shell with hood large enough to fit over your helmet.
- **Insulating jacket:** Warm down or synthetic parka. (One with a hood is recommended)
- **Gloves** Liner Gloves (2 pairs can make the trip more comfortable) and Insulating Gloves – Wind and waterproof
- **Climbing Helmet** (suggested brands, Black Diamond or Petzel) This can be rented at local mountaineering shops like REI.
- **Hat:** Warm hat, thin enough to fit under you climbing helmet. Wool or synthetic materials are recommended. (Hat with a fleece band on the inside won't make your head itch)
- **Sunglasses:** Wrap around glasses with UV protection
- **Ski Goggles**

Lower Body

- **Base Layer:** Lightweight long underwear. (Suggested brand, Patagonia capilene)
- **Insulating Layer:** Expedition-weight long underwear, fleece or softshell pants.
- **Shell Layer:** Waterproof (Gore Tex) shell (with full side zippered legs are more flexible for putting on and taking off over boots)
- **Socks** 2 pairs of thicker wool socks (ex: Smartwool Mountaineering) and 2 pairs of liner socks
- **Mountaineering Boots:** Double plastic are the recommended boots for this trip. Full leather boots that accommodate crampons will work. Check with guides if you have questions about your boots. These can be rented at local mountaineering shops like REI.
- **Gaiters:** Knee-length gaiters that cover your mountaineering boots (Suggested brand, Black Diamond)

Technical Gear

- **Crampons:** mountaineering crampons are recommended. Crampons should be compatible with mountaineering boots. (ex: Grivel G-10) These can be rented at local mountaineering shops like REI.
- **Ice Axe:** A general mountaineering axe between 60 - 80 cm (length is based upon your height) with a wrist loop. This can be rented at local mountaineering shops like REI.

- **Water Bottles:** Two 1 liter bottles (The tubes in Camelback or other type of water bladders will often freeze on Mt. Hood and are not recommended.)
- **Trekking Poles:** adjustable is better than fixed length.
- **Headlamp:** with extra batteries.
- **Backpack:** A pack of 2,400 - 3,000 cubic inches, with a waist belt, is the recommended size.

Additional Items

- **Hand warmers:** If you have cold fingers, these are a must.
- **Balaclava**
- **Sunscreen:** SPF 15 is the minimum recommended. Chap Stick with SPF is also recommended.
- **Camera**
- **Bandana**
- **Baseball style cap**
- **Garbage bags:** Use these to line your pack; it will help keep your gear dry (Trash compactor bags work the best as they are made from heavier material).

PP&R provides all ropes, carabiners and harnesses for Mt St Helens climbs.