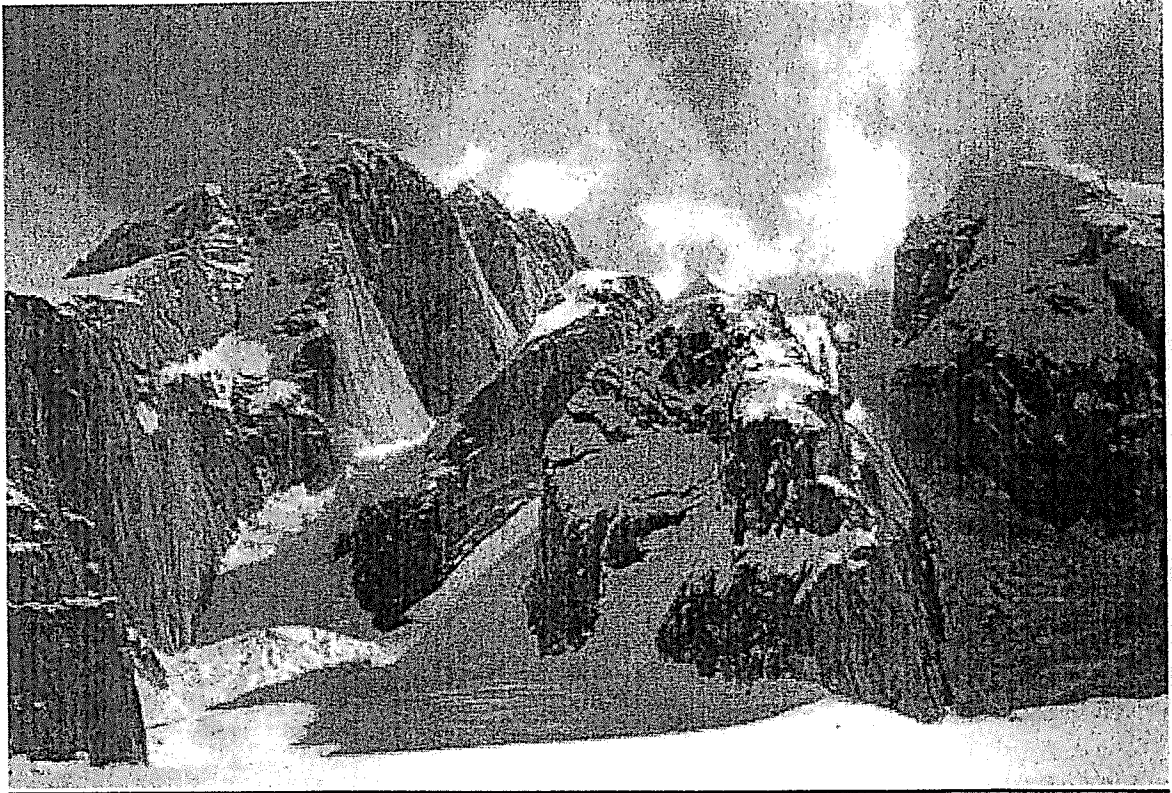


Alaska: Part Deux

"Moose and Eggs"



A 2005 Ritt Kellogg Fund Proposal

"Climb Hard, Climb Smart, Climb Clean"

Joel Irby, Dave Hoven, Joe Forrester
(The High Altitude Trashmen Boys)



GOAL

Alaska is an enchanting place. No other environment on earth offers comparable amounts of beauty, remoteness, and exploration. On our trip to Denali last summer we could not stop talking about our next trip to Alaska. We were still there and we already couldn't wait to get back. Our only problem was deciding what we wanted to do on our next trip. The options were endless. After countless hours spent reading guidebooks, old American Alpine Journals, searching the internet, and asking advice, we finally decided on the objectives for our long awaited trip. We are asking for aid in our attempt on two remote Alaskan peaks: The Moose's Tooth and Peak 11,300. We propose to fly into the basin at the base of the Moose's Tooth, climb it via the Ham and Eggs Coulior, traverse west up the West Fork of the Ruth Glacier to Peak 11,300, and climb it via the Southwest Ridge. We will then travel back to the Ruth Amphitheater where we will fly out.

The objectives are challenging, but we feel that we can competently and safely give each peak an attempt. Our motto has always been "Climb hard, climb smart, climb clean". These three elements of our style will be put to the test on this trip. To achieve our goals we will have to climb hard and smart. We have not picked easy routes on easy mountains. We want a challenge while still climbing within our limits. Climbing smartly has returned us safely from every major climbing trip we have ever taken. This time will be no different. Climbing clean is a vital part of our style. What matters most is not *if* you reach the summit, but *how* you reach it. The Alaska: Part Deux *Moose and Eggs* Ritt Kellogg Fund trip will give us the opportunity to try and climb two challenging yet complete able routes in a wild setting.

DATES OF EXPEDITION

May 21, 2005-June 18, 2005
(28 days total; 20 days climbing)

ITENERARY

May 21: Fly from Denver International Airport to Anchorage. Stay at *Earth Bed and Breakfast*.

May 22: Buy food and supplies we need in Anchorage. Sort gear.

May 23: Drive to Talkeetna with Denali Overland. Check in with rangers. Check in at TAT and get everything ready for the flight onto the Ruth Glacier.

May 24-26: Hopefully we will fly out, but we have given ourselves several extra days in case of poor weather. On our Denali trip last summer we had to wait for four days before we could fly out, and we want to make sure that we have plenty of time. Hopefully conditions will allow us to land directly at the base of the Moose's Tooth. If not, we will have to hike from the Ruth Gorge to the basin near the Moose's Tooth.

Safety Concerns: If hiking is necessary, we will travel at night to maximize our safety while traveling on the glacier. This will minimize the risk of snow bridges collapsing. We will also employ the safe glacier travel techniques that we learned in Jared Vilhauer's Winter Skills course.

May 24-26: Land at the base of the Moose's Tooth and set up an awesome base camp complete with mega walls, a huge kitchen, a deluxe bathroom, and a recreation area.

Safety Concerns: Before we set up our camp, we will extensively probe out a large area that we will use as our safe zone. We know that crevasses don't have to be visible to be present, and we want to take all the proper precautions. We will also choose a camp site that is free of objective hazards such as ice fall, avalanches or rockfall.

May 28-29: Hang out around camp, get fully acclimated, and wait for good weather.

Safety Concerns: While the Moose's Tooth is not considered a high altitude peak, we realize that the elevation change between it and Talkeetna is fairly significant. In light of this, we will consciously practice good acclimatization techniques such as drinking plenty of water, eating plenty of food, light exercise, etc. We will also take care to not develop heat exhaustion or snow blindness.

May 30-June 6: During this time period we are hoping for a weather window of at least 3 days. This will allow us enough time to climb the Moose's Tooth via the "Ham and Eggs Couloir". The "Ham and Eggs Couloir" ascends the Southwest Face of the Moose's Tooth. It is the obvious couloir to the left of the summit. The following route description is taken from excerpts of Michael Wood and Colby Coombs' book *Alaska: A Climbing Guide*.

- ^ Start this route at the far-left side of the couloir. After a few pitches, the couloir splits. Take the right-gully up 45-degree ice. The ice gets steeper, then turns to snow. At this point look for the right-facing corner on the right side of the gully. The first few moves are the hardest, then you will find a hand-sized crack. There is also ice here sometimes. There is a good fixed anchor in the rock, followed by 40-degree snow climbing above the rock. On pitch 9 the first ascent party placed a bolt to help pass a roof. On pitch 11 is the first 90-degree ice. Pitches 11-15 are reported to be the hardest on the route with consistent 65^o-70^o ice. All the belays are on rock in this couloir. At the very top of the couloir there is a great bivi site to the climber's left upon exiting the top of the gully. It lies about 300 feet left from the top of the gully, near a big boulder; it does require some digging and chopping, but not too much. From the notch at the top of the couloir, travel along the corniced summit ridge, which can be protected with rock and ice protection. We will follow this route description and all suggestions listed in it as closely as possible. Descent: Return to the top of "Ham and Eggs Couloir, then rappel the route. It is reported that there are great rap anchors every 60 meters down the couloir to the base of the route. Some of these may require ice-hourglasses, but most are fixed pieces. We will be replacing any questionable rap stations by replacing the webbing with new webbing and taking off any webbing.

Safety Concerns: Our first concern is weather. We are well aware of the reputation Alaska weather has, and we experienced it firsthand on our expedition to Denali last summer. We will absolutely not attempt the climb until we feel like the weather conditions are perfect. Also, if we think that bad weather is approaching while we are climbing, no matter how high we are, we will descend. We know that no route or mountain is worth an accident of any kind. Our next concern is avalanches near the base of the climb. A trip report posted on the internet mentioned that this was a problem. We have all taken Avalanche I and are aware of the proper precautions that must be taken to avoid avalanches. Also, we will all be wearing beacons and have shovels and probes. While actually on the route we will be concerned with ice and rock fall. We will be wearing helmets, and at belays we will make sure and try to be out of the natural falling path of any debris. We will not knowingly climb below another party on this route. This greatly increases the icefall and the risk is simply not worth it. While we are climbing, we will take care to properly protect each pitch and make sure that every anchor is solid. We will be carrying extra cord and webbing so that if we find that some of the anchors are less than optimal we can beef them up. One thing that is very attractive about this route is its reputation for excellent anchors at the end of each pitch. We also realize that although many parties climb the route in a single push, it is probably safer to rest and bivi on the summit ridge. We will have shovels with us so that we can easily make a shelter or cave. Our last concern involves getting to the summit itself. As aforementioned, if there is even a hint of bad weather we will abandon the summit and descend. Also, if the summit ridge isn't to our liking, (not easily protected, poor snow conditions, etc.) we will descend.

June 6-7: Pack up camp and head for Peak 11,300'. This involves hiking out of the basin at the base of the Moose's Tooth, traveling through the Ruth Amphitheater, and going up the West Fork of the Ruth Glacier about 7 miles. There is a good chance we will break up this hike into two days. Depending on how much extra food, fuel, and gear we have at this point, we might lighten our packs and make a cache near the Don Sheldon Mountain House (this is where we will fly out of).

Safety concerns: While traveling on the glacier, we will use the safe glacier travel techniques mentioned before. When traveling out of the Moose's Tooth basin, we will heed the advice of Wood/Coombs and hug the wall to the north. If we camp, we will take great care to pick a smart and safe campsite. If we make a cache, we will make sure that it is at least 4-5 feet deep and heavily wanded.

June 8-9: We will set up our camp near the base of the Southwest Ridge, sort gear for the climb, rest, and wait for the perfect weather opportunity.

Safety concerns: We will take all precautions mentioned above when determining a spot and setting up camp.

June 10-16: Hopefully the weather will be good enough during this time for us to make an attempt on the Southwest Ridge of Peak 11,300'. The route normally takes 3-4 days to complete. The following route description has been taken out of Michael Wood and Colby Coombs' book *Alaska: A Climbing Guide*.

OK

GETTING
LATE IN
SEASON

The route starts on a broad snow slope on the northwest side of the ridge and joins the crest of the ridge after several hundred feet of 40-degree snow climbing. From the ridge crest, the route moves horizontally onto the Northwest Face and then up a thin couloir to regain the crest of the ridge, where the route continues over some rotten rock that can be slabby and snowy at times. Some rock steps can be encountered on this section, with short mixed climbing and easier snow sections. Sticking to the right of the ridge crest eventually leads to a rock pitch that ends at a large col that provides spacious camping on the ridge at 8,000 feet. Continue up the ridge on steepening snow, then traverse left to reach a broad, 65-degree ice and snow couloir. From a belay in the snow scoop next to the south side of the huge block that is on the ridge crest proper, climb up the block's right side to the crest. Climb northeast through a little snow arête that comes up from the right (south) side of the ridge. Climb down the other side of this arête, then head up to the true ridge crest. Once at the crest of the ridge you will find a horn with a ton of slings that are used to rappel into the col. A bivi in the notch at 9,800' is possible, but beware of the cornice that can form in this area. From the notch, belay from the other side and exit to the left. This soon eases a bit to a steep snow rib that will bring you to the ridge again. Beyond here obstacles can once again be passed on the right side of the ridge. From this point there are several pitches of mixed climbing and rock steps along the ridge to an 80' rappel or down climb into a gully to the right. Regain the ridge crest, then climb along some easier, snowy, mixed terrain. This leads to the final 750' ice face, which decreases in steepness as you get closer to the summit. The summit is very flat, and offers great camping. Often times along the route you may find yourself descending below the ridge to dodge obstacles, but don't get lured too far off the ridge.

Descent: From the summit of Peak 11,300, descend the Southeast Ridge to 9,000', staying to the right (south) side of the ridge. The ridge gets steeper and more defined as it narrows upon approaching the rocks. When you are finally forced to rappel, use bollards or ice-hourglasses. Rappel, angling toward the ridge as much as possible. On the ridge or just below is a bench that can be a possible bivi at 9,400'. The ridge begins to widen and gets less steep, so stay along this as much as possible until forced to rappel one more rope-length down steep ice. Continue climbing along the rock band until you are again forced to rappel another eight to ten times. Stay along the ridge crest as much as possible until you reach the glacier below that leads down between the Southwest and Southeast Ridges over some crevassed terrain to your skis. The rappels are down loose rock that is very catchy on the ropes. There have been many rappels through this rock as well and you may find slings, but be prepared to leave slings and possibly some gear.

We will follow this route description and all suggestions listed in it as closely as possible.

Safety concerns: All general safety concerns listed for the Moose's Tooth above apply also the Southwest Ridge on Peak 11,300. Depending on the situation, though, we might respond to some of the concerns a little differently. Weather is one. There are several good bivi sights on the Southwest Ridge, and most likely it would be safer to descend to one of those and set up camp rather than try and descend the whole route in white-out or stormy conditions. We will carry several days extra food and fuel in case we have to wait out a storm while we are on route. Route finding is another specific concern for the Southwest Ridge. We will take extreme care to not "get lured too far off the ridge." Getting off route can make a climb much harder than it needs to be, and we want to avoid this. Route finding on the descent will also be very important. We will make sure each rappel anchor is very solid and we will back it up for the heaviest person, Joe, who will go down first. While rappelling over the loose rocks, we will take great care to not knock any down on each other. We will also have plenty of extra gear and slings with us to leave behind and create some peace of mind. The glacier between the

LEAVE GEAR?

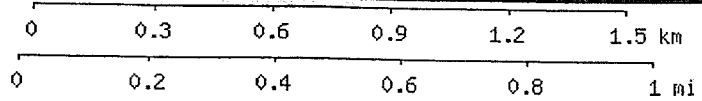
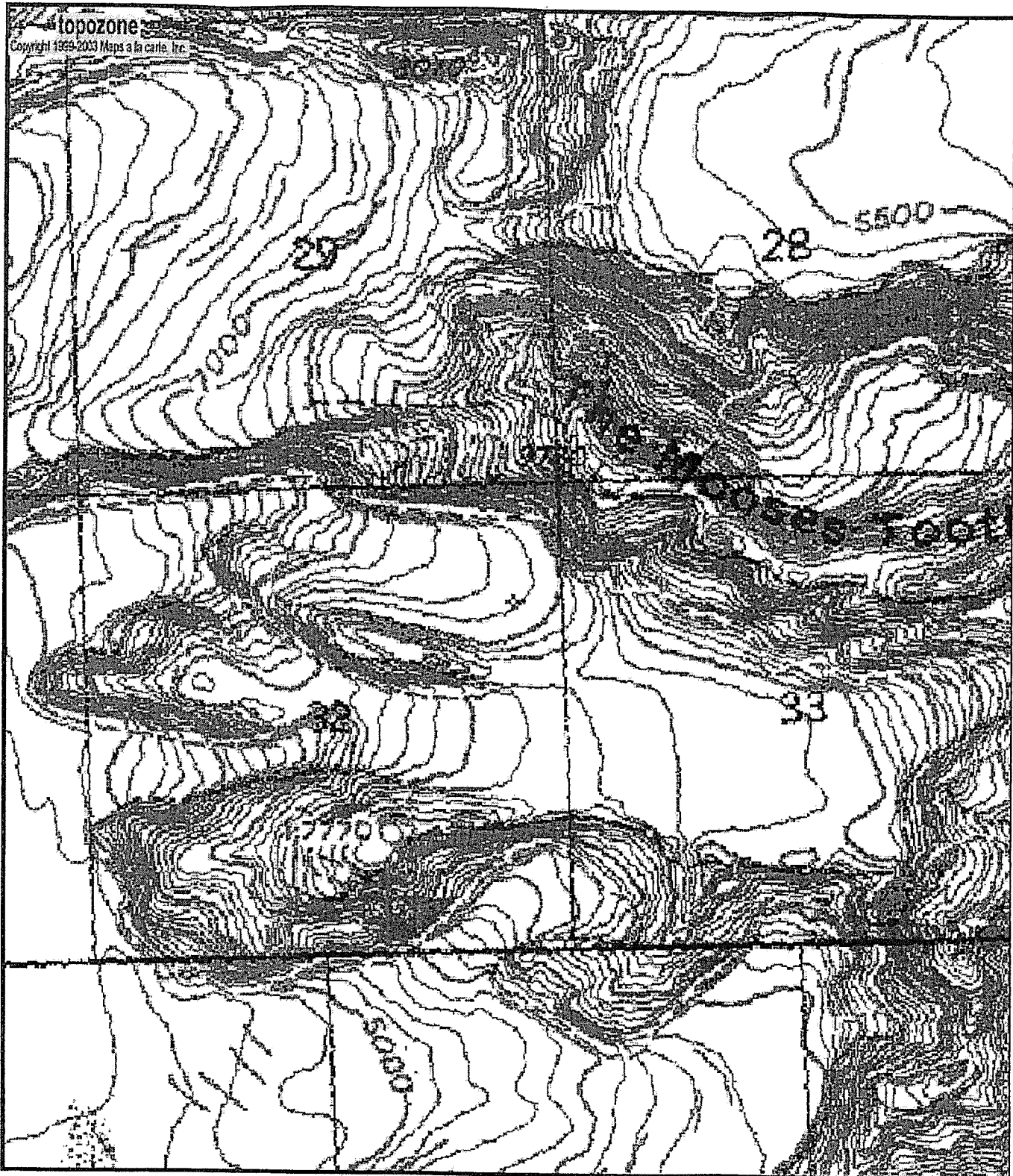
Southwest and Southeast Ridges is noted to be crevassed, so we will take extra precaution and be on full alert when we are crossing this section.

June 17: Pack up camp and head back down to the Don Sheldon Mountain House. Set up camp and wait for our flight back to civilization.

Safety concerns: It will be getting fairly late in the season by this time. The warmer temperatures will have opened up many crevasses and weakened the snow bridges. We will take extra precaution and practice safe glacier travel techniques.

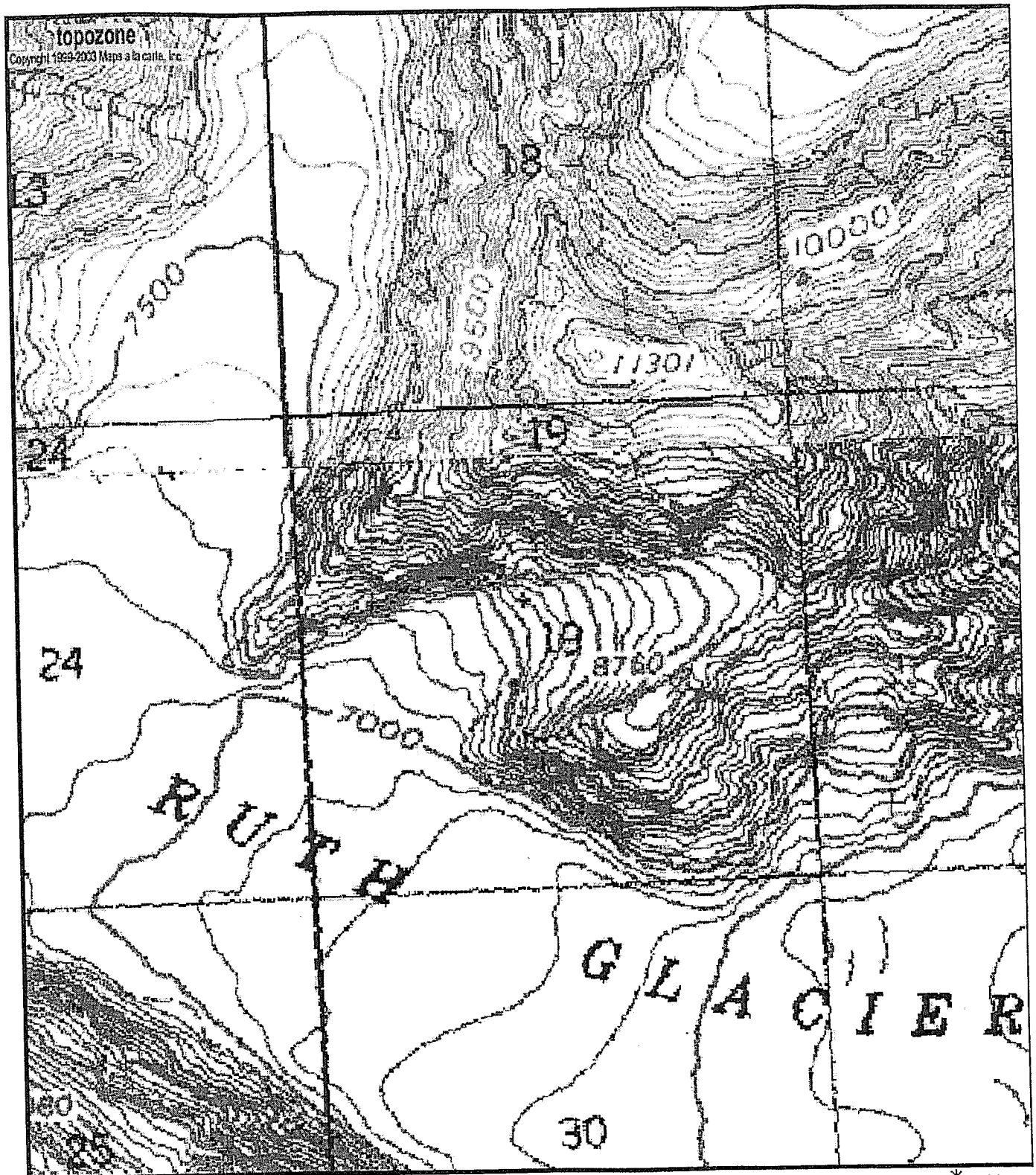
June 18: Fly back to Talkeetna, weather permitting.

Will plane be able
to land on glacier
this late?



Map center is UTM 5 619392E 6984304N (WGS84/NAD83)
Talkeetna D-2 quadrangle
Projection is UTM Zone 5 NAD83 Datum





Map center is UTM 5 607220E 6986854N (WGS84/NAD83)
Talkeetna D-2 quadrangle
 Projection is UTM Zone 5 NAD83 Datum

* M
 G
 M=21.328
 G=1.887

SAFETY INFORMATION

Anchorage Hospital
 (907) 562-2211
 Talkeetna Air Service
 (907) 733-2649
 Talkeetna Ranger Station
 (907) 733-1465

While on our trip, we will at all times have Joe's SAT phone and our CB with us. We brought the SAT phone with us on our Denali trip and it worked well. We have a solar charger and an extra battery pack for it. We will keep a list of emergency numbers in an easily accessible place. The CB will be primarily for communicating with nearby rangers, climbers, or airplanes. We realize that we will probably not be able to pick up the weather report from Denali base camp, so we will also have a small FM radio with us so we can hear the daily Talkeetna weather report. Prior to our trip, we will also all become proficient in the emergency ground to air signals (arm signals, etc.). This will allow us to communicate with planes in case our CB fails.

EQUIPMENT LIST

PERSONAL GEAR *Clothing*

- 1 -down or synthetic insulated jacket
- 1-down or synthetic insulated pants (for chillin')
- 1-shell bibs
- 1-shell top
- 1-down or synthetic expedition mitts
- 1-mitten shells
- 2-pair climbing gloves
- 2- glove or mitten liners
- 2-long underwear top
- 2-long underwear bottom
- 1-fleece top and bottom
- 1-long sleeve white shirt for glacier travel
- 3-pairs of wool socks
- 3-pairs liner socks
- 1-pair double plastic boots
- 1-balaclava
- 1-warm wool hat
- 1-baseball hat

- 1-bandana
- 1-gaiters

PERSONAL GEAR *Non-Clothing Related*

- 1-pair snowshoes/skis
- 1-pair trekking poles (L) *LESS TIPS*
- 1-sleeping bag at least > -25
- 1-bivi sack
- 3-compression stuff sacks
- 1-full length sleeping pad
- 1-3/4 length sleeping pad
- 1-spoon (an extra wouldn't hurt)
- 1-fork
- 1-knife
- 1-bowl
- 1-mug with a top
- 2-nalgene parka
- 1-pee bottle (well marked)
- 2-drinking nalgene
- 1-sled (from TAT)
- 1-pair glacier glasses
- 1-pair ski goggles
- 1-nose piece for goggles
- 1-bottle of sunscreen
- 2-tubes of lip balm
- 2-sets of earplugs
- 1-camera and extra batteries and a lot of film
- 5-lighters
- 10-packets of hand and feet warmers
- 1-personal toiletries
- 1-diary and pencil
- 2-novel
- 1-avalanche beacon

GROUP GEAR

- 2-stoves
- 2-stove stand (plywood)
- 500-cups white gas (8oz. per person per day)
- 1-SAT phone + extra battery pack and solar charger
- 1-small FM radio + extra batteries
- 1-CD player and speakers + extra batteries

- 1-CB radio + extra batteries
- 2-sets of pots
- 3-compass
- 2-sets of maps for the route
- 1-4 person 4 season tents
- 3-snow shovels w/ metal blades
- 1-snow saw
- 50- Wands marked w/ our special insigna
- 10-extra lighters, better to be safe
- 1-extra pair sunglasses
- 1-cache bag
- 1-roll of trash bags
- 1-roll of bags for poop bags
- 1-tent repair kit
 - 2-tent pole splints
 - 2-needles
 - 1-roll of nylon thread
 - 1-package of adhesive ripstop nylon
 - 1-tube of seam sealer
- 1-ice tool and crampon repair kit
 - 1-wrench
 - 1-metal file
 - 1-crampon wrench
 - 8-extra screws, washers and nuts
- 1-stove repair kit
 - 1-extra nozzle
 - 1-tube of pump lube
 - 1-stove wrench
- 1-small set of chess pieces
- 1-deck of cards
- 100-ft of extra p-cord
- 1-bottle extra sunscreen
- 1-can of zinc oxide
- 1-bottle foot powder

Climbing Gear

- 3-10.2 mm ropes(1 extra to be left at base camp)
- 1-harness per person
- 1-belay device per person
- 1-helmet per person
- 4-lockers per person
- 1-daisy chain per person
- 1-pair crampons per person + 1 extra pair to be left at base camp
- 2- ice tools per person +1 extra tool for the leader

1- Glacier tool per person
 1- extra pick per individual's tools
 4-snow pickets
 10- ice screws ranging from stubbies to 17cm
 10-quick draws (3 of them screamers)
 10- pre-tied slings
 26-free carabiners
 1-set stoppers
 1-set TCU's
 1-set Camalots (doubles from .5-3)
 2- L.A. Piton
 2- Baby Angle
 3- knife blades
 1-pair ascenders per person
 10-rap rings for replacing rap anchors
 3-cordolettes
 50ft- 11/16 webbing for replacing anchors
 100ft- 5mm cord for replacing anchor
 1-v-threader

FIRST AID KIT CONTENTS

1-3.75 oz container Vaseline
 1-surgical shears
 1-forceps
 12-band-aids
 1-thermometer
 4-tea bags
 2-safety pins
 600-200mg Ibuprofen tablets
 3-3x3 sterile gauze pads
 2-patient assessment forms
 1-SAM splint
 1-rubber gloves
 2-1/32 Oz tubes anti-bacterial ointment
 2-3"x2' sterile gauze bandages
 1-muslin triangular bandage
 3-anti-septic towlettes
 1-Opsite bandage
 4-3"x2" moleskin pads
 10-large rolls of athletic tape
 1-moist burn pad
 2-sterile applicators
 1-Wet prep sponge
 2-tubes tincture of benzoin
 1-washing syringe

1-bottle betadiene
 1-package steri-strips
 1-Johnson's Baby Sanitary Wipes Can (repackaged)
 2-5"x9" abdominal pads

Specific First Aid Supplies for our Altitude Climb

Acetazolamide (Diamox)

~3000 mg

250mg at bedtime 2-3 days before arrival at altitude

-increase to twice a day if symptoms of ACMS increase

Levoquin:

10 tablets

500mg daily for severe diarrhea, cutaneous infection.

Imodium

Take as directed.

Benadryl:

10 tablets

50mg every 6 hours for urticaria

Epi-Pen

2

For anaphylaxis

To be provided by Joseph M. Forrester, M.D.
 Critical Care and Pulmonary Consultants
 DEA# BF1966982
 Co Lic# 29578

FOOD LIST

Mashed Potato Flakes (\$2.30 per 7 oz. package) x 10 = **\$23.30**
 Ramen (\$.35 per package) x 24 = **\$8.40**
 Stew-dehydrated (\$3.00 per 18 oz. can) x 10 = **\$30.00**
 Chili-dehydrated (\$3.50 per 25 oz. can) x 10 = **\$35.00**
 Pinto Beans (\$1.00 per 16 oz. can) x 6 = **\$6.00**
 Fruit to be dehydrated = **\$50.00**
 Cheese (\$3.50 per 8 oz. block) x 20 = **\$70.00**
 Snickers (\$.69 each) x 60 = **\$41.40**
 Spice Kit = **\$8.00**
 Dried Soups (\$3.49 per 8 oz. packet) x 9 = **\$31.41**
 Tortillas (\$2.50 per 12 pack) x 3 = **\$7.50**
 Jelly (\$3.00 per 20 oz. squeeze) x 2 = **\$6.00**
 Peanut Butter (\$5.00 per 40 oz) x 1 = **\$5.00**
 Syrup (\$4.40 per 28 oz. bottle) x 1 = **\$4.40**
 Pancake Mix (\$2.00 per Bisquick Shake-n-pour bottle) x 6 = **\$12.00**

GORP = **\$35.00**
 Macaroni Noodles (\$4.00 per 2 lb. bag) x 1 = **\$4.00**
 Bacon (\$4.60 per pre-cooked package) x 6 = **\$27.60**
 Rice-minute style (\$3.50 per 28 oz. package) x 1 = **\$3.50**
 Hot Chocolate (\$6.00 per 40 serving can) x 2 = **\$12.00**
 Coffee (\$7.00 per 7 oz. instant) x 2 = **\$14.00**
 Hot Sauce (\$4.40 per 20 oz. squeeze) x 2 = **\$8.80**
 GU (\$1.00 per gu) x 100 = **\$100.00**
 Beef for Beef Jerky = **\$35.00**
 Tuna (\$2.29 per 7 oz. packet) x 14 = **\$32.06**
 Accelerade (\$20.00 per tub) x 2 = **\$40.00**
 Eggs (\$3.30 per jumbo dozen) x 6 = **\$19.80**
 Oatmeal (\$4.00 per 42 oz. container) x 2 = **\$8.00**
 Cream of wheat (\$4.69 per 12.5 oz. container) x 3 = **\$14.07**
 Brown sugar (\$2.00 per 2 lb. bag) x 1 = **\$2.00**
 Butter (\$4.50 per 4 stick pack) x 3 = **\$13.50**
 Vegetables-dehydrated (\$1.69 per 16 oz. can) x 12 = **\$20.28**
 Crackers (\$3.60 per 16 oz. box) x 3 = **\$10.80**
 Bratwurst (\$4.40 per 6 pack) x 3 = **\$13.20**
 Summer Sausage (\$3.00 per 9 oz. sausage) x 4 = **\$12.00**
 Vitamin C (\$3.59 per 100 chewable) x 1 = **\$3.59**
 Multivitamin (\$5.49 per 100) x 1 = **\$5.49**

Total Estimated Food Costs: \$773.10 x 1.07(sales tax) = \$827.23

BUDGET AND COST REDUCTION MEASURES

Flight from DIA to Anchorage

Approximately \$600 per person x 3 = \$1800

Taxis in Anchorage(to and from airport)

Approximately \$50

Taxi Service from Anchorage to Talkeetna

Denali Overland Transportation Co. at \$100 roundtrip per person x 3 = \$300

Air Taxi Service from Talkeetna to Moose's Tooth

TAT \$400 roundtrip per person x 3 = \$1200

Lodging

Anchorage-Earth B&B at \$37 per person per night for 3 nights = \$333

Talkeetna-Climbers Bunkhouse = free

Food

Approximately \$827.23

White Gas

Approximately 4 gallons at \$6 per gallon = \$24

Total amount Ritt Kellogg Fund is being asked for: **\$4534.23**
 (\$1511.41 per person)

Ways we will try to reduce costs

The two areas that we will try to reduce costs in are the food and the airplane tickets from DIA to Anchorage. We have discount cards at Safeway and King Soopers, so we will attempt to purchase all possible food at one of these two locations. In past times, we have saved quite a bit of money because of the discount cards. Also, in Anchorage, we located the Hostess discount store. This store has really cheap food, and we will try and get some of our bread related goods there. In addition, we will be dehydrating most of our food rather than buying it pre-dehydrated. We dehydrated a lot of our food for our last trip, and it worked great. Most of the soups we will dehydrate. In most cases this is a much cheaper alternative (particularly with beef jerky). When we purchase our plane tickets, we will extensively search the web for the cheapest alternative. Many times you can get much cheaper tickets if you don't mind making multiple stops. We are also planning on flying out of Denver rather than Colorado Springs. This is usually a cheaper alternative (C. Springs flights many times go to Denver as their first stop).

TRAVEL PLANSTo

- Arrange gear and food the week before
- Fly out together from DIA on the morning of May 21
- Arrive in Anchorage the night of May 21 and check into Earth B&B
- On May 22, buy heavy food items in Anchorage, repack them, and sort gear.
- On the morning of May 23, drive to Talkeetna with Denali Overland, check in/briefing with rangers, and check in/weigh gear at TAT.
- Spend the night at the air hanger of TAT and hopefully fly out on May 24.

From

- After we fly back into Talkeetna, check in with the rangers, confirm our flight home, repack our bags, and spend the rest of the day eating multiple Full Standards.
- Spend the night at TAT and drive to Anchorage with Denali Overland the next morning. Depending on when our flight is, either fly out or stay another night at Earth B&B.
- Catch a taxi to the airport and fly back to Denver.

SAFETY CONCERNS

WEATHER

Alaskan mountains have some of the harshest and worst weather on earth. Our primary concern with the weather is having a storm descend on us while we are in the process of climbing. We feel that an excellent way keeping track of the weather is by keeping a weather journal. In it, we will record temperatures, weather conditions, and also changes that we perceive throughout the day. On our last trip, we recorded weather accounts in our diaries, and we found it helpful. We are also scheduling our climb at one of the more ideal times of the year. We have planned enough time that if we do experience bad weather conditions we can simply wait it out and not feel rushed at all. Also, before we even get on the mountain we will obtain the weather reports for the past couple of weeks from TAT. This will help us get a jump start and determine the type of weather patterns that have been occurring. We will record any significant details that we see in these reports.

Weather is the driver behind many of our other safety concerns, so by picking good weather windows and monitoring snow conditions we will be able to help prevent other potential problems. Although it might be boring, we have no problem with waiting. ~~We practice sitting for hours in our apartment without any stimulation at all, which prepares us for those long days in the tent.~~ On Denali, although we did not experience any record breaking storms, we did experience a storm that required us to be tent bound for several days straight.

Another concern with the weather is low visibility conditions (white-outs). We are specifically concerned about this at two stages of the climb: the summit ridge and getting back to our camp. We will take sufficient wands with us on the climb so that we can wand at least once a rope-length on the summit ridge. This will ensure that once on the ridge we will have no problem finding our way back to the top of the Ham and Eggs Coulior. It will also ensure that we don't venture too far to either side of the ridge. As we leave camp to begin the climb, we will immediately begin wandng. We will wand once a rope-length until we get to the base of the coulior. If by some chance we experience white-out conditions when we get back to the bottom of the route, this will ensure that we can find our camp again rather than stumbling blindly in the snow.

AVALANCHES

Avoiding avalanches is all about prevention. We have all taken the Avalanche I course and have traveled extensively in the backcountry in Colorado in the winter. We will use the information we have gathered from the course and through experience to stay out of the path of possible avalanches. After heavy snowfall, we will take extra care. Specifically, we will make sure that all potentially hazardous snow has cleared out of the coulior before we begin our climb. If this means waiting during what appears to be excellent weather, we will do it. Also, as mentioned before, a trip report that we read on the internet mentioned trouble with avalanches near the base of the climb. We haven't found any additional information on this possible danger, but we will proceed with extreme caution at this area. We will each have a beacon, probe, and shovel just in case.

BEACON PROBE AND SHOVEL?

CREVASSES

The Ruth Glacier is heavily crevassed. Because of this, we will be roped up at all times when we are not in the safety of our camp. While we are not going to be on the glacier particularly late in the season, we will be at fairly low altitudes the majority of the time. Low altitude generally means warmer temperatures and possibly weak crevasse bridges.

We learned first hand the importance of roping up when we were descending Denali. Joe took a plunge into a well hidden crevasse. Joel was able to arrest the fall while Dave quickly built an anchor and transferred the load (it didn't feel overly quick to Joe or Joel, though). About an hour later Joe emerged unharmed from the crevasse, only a little colder and wetter than before the fall. Our crevasse rescue skills worked exactly as they were supposed to. Although the incident was not appreciated at the time, we are glad it happened if only to show that we confident in our skills and can perform under pressure. At the time of the incident, we were roped up about 65 feet apart on a single rope. This worked well for us and we will continue to operate in this fashion. Crevasses in our camps are another concern. When we decide on a location for our camp, the leader, while on belay, will extensively probe out a safe area for the camp.

EXPOSURE

Alaska, even during the summer time, can be a very cold and brutal place. Two potential concerns are frostbite and hypothermia. Prevention is the most important factor in avoiding these two concerns. We will try to avoid frostbite by two specific methods. First, we will stay hydrated. Second, we will protect our faces and hands from the wind. If that protection is not sufficient, then we will turn around if possible and head back to the tent or use chemical heaters. We will also carry plenty of spare dry gloves with us. We feel that no summit is worth injuring or losing fingers or toes. Hypothermia will be avoided similarly. One of the most important things is for us to be honest with one another about our condition. We know each other so well that this will not be a problem at all. Another important exposure concern is sunburn and snow blindness. On Denali, we learned just how intense the sun can be when reflected off the glacier. Luckily we were prepared and only suffered mild sunburn. As with that trip, we will constantly apply sunscreen and wear our glacier glasses.

HIGH ALTITUDE RELATED ILLNESS

Our high point for this trip is 11,300'. While this is not a significant elevation, we realize that people have come down with altitude sickness at lower elevations. This is usually caused by an immediate shift from at or near sea level. Leading up to this trip, we will all be living in Colorado Springs which has an elevation of over 6000'. While we recognize the possibility of high altitude sickness (AMS, HAPE, HACE), we also realize that it is not one of our major concerns. We are all well informed, through our WFR course, of the symptoms associated with each type of sickness, and we will watch for them at all times. Our main treatment for altitude sickness will be immediate descent and hydration.

EXPERIENCE

Climbing in the mountains has always been a humbling experience for all three of us. Our friendships with one another were founded on rock climbing. That being said, we have no desire to get ourselves into a situation that we do not feel comfortable getting

ourselves out of. The first trip that we ever did together was the Sawtooth Ridge between Bierdstat and Evans in the winter. After doing other peaks in the spring we went to climb Rainer and had a lot of success. Going on to climb Orizaba and Denali were awesome, but they lacked something. With Orizaba and Denali, there was a lack of adventure, of remoteness, that we had associated with our climbs since we started. We have chosen the Moose's Tooth and Peak 11,300 as our objectives because we feel that they are within our ability, and will provide a little more adventure than our last two trips. They will be more like our winter pushes on Longs Peak, or our trip to Rainer.

We feel that we proved our ability to care for ourselves in a glaciated environment after our trip last year on Denali. We also feel that we have been climbing, both rock and ice, at a level suitable for an attempt at both of these climbs. We would like to stress the word attempt. We know that in climbing, no summit is a sure thing, we have turned back numerous times. Attempt indicates that failure is an option, and that safety is paramount. As we stated in our goals section, we want to be back in Alaska, on the glacier, with friends. A summit is just pudding on the top.

Joel and Joe will be heading down Aconcagua over 5th block to attempt the French Route on the South Face. Dave will be taking classes, but will be getting nasty climbing around Colorado. When we are all reunited, we will be climbing together for the rest of the year until the trip. All three of us have different talents, and combined we form a very competent team with a fair amount of experience on multiple climbing mediums. We have all been in stressful situations together, and we know how each member will respond. We think that our team of three will be able to make a very safe attempt at both of these two peaks, while having a maximum amount of fun.

List of How We Will Follow Leave No Trace Ethics

Plan and Prepare

As our proposal indicates, we have tried as hard as possible to plan and prepare with the utmost care. We feel that our group size of 3 is small enough that we can easily control our impact on the environment. We will make sure that we have sufficient CMC's to pack out all our human waste. Just as we did on Denali, we will repackage all food possible. It cuts down on trash, space, and weight. Unfortunately, we will be visiting Alaska at one of the peak visiting times. The main reason for this is the small weather window that is available to climbers. Another reason is safety. We are not proposing to go to an extremely high traffic area, but there will most likely be other people around. While you can not depend on the people around you as a safety net, it does create a safer environment to climb in.

Travel and Camp on Durable Surfaces

All of our campsites will be located on glaciers. If we find the remains of a camp, we will utilize it and reinforce it rather than make another site. At all times we will work to leave the least impact possible.

Dispose of Waste Properly

We will be carrying trash bags with us and pack out everything we brought with us. If we see trash of any kind left by another party, we will pack that out as well. At all of our campsites we will have designated pee-hole. As mentioned above, all solid human waste will be packed out in CMC's.

Leave What We Find

We won't take anything with us except for other people's trash.

Minimize Campfire Impact

We will be using a stove on a platform, so there should be no issues here.

Respect Wildlife

Ravens are the only kind of wildlife that we think we might encounter. We haven't seen any reports of raven problems in our area of travel, but we will make sure to bury our caches plenty deep just in case.

Be Considerate of Other Visitors

Throughout our entire trip, we will strive to represent Colorado College and The Ritt Kellogg Fund as best as possible. We will go out of our way to be kind and courteous to everyone we meet, both on and off the mountain. On our trip to Alaska last summer we met some extremely interesting and memorable people, and we hope to continue that again this summer. While we are on the glacier, we will not take a shelter unless we are sure it is abandoned. When we are climbing, we will do all possible to avoid knocking any debris on any parties that might be climbing below us. If we see trash left behind by a careless group, we will pack it out. We want to do everything possible to be considerate of the people we meet but also of the people that will travel to Alaska in the future. It is pristine wilderness and we want to do everything possible to keep it that way for future generations.