



# IWLS

International Wilderness Leadership School

## 7-Day North Cascades Mountaineering

### *Leadership & Guide Training Course Information*



### Course Location

North Cascades National Park is a relatively unknown gem of the National Park System and is a backcountry skier's dream. Known as the "American Alps" because of its combination of jagged peaks and glaciers, this park is situated in central Washington, just below the border with Canada. Over 75% of the glaciers in the continental United States are found in the North Cascades. The park abuts Alpine Lakes Wilderness creating a protected area of a million acres spanning a variety of ecosystems.

Across this vast area, the park and wilderness stretch from the lush environment influenced by the Pacific to the drier reaches east of the Cascade Mountains. A convergence of tectonic plates has created dome-shaped volcanic peaks and granite pinnacles creating a veritable playground and classroom for climbers and mountaineers.

### Course Goals

- Students will gain a mountaineering skill set and appropriate traveling techniques.
- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques.
- Students will be able to recognize terrain, snowpack, and weather that contribute to the formation of avalanches and apply appropriate decision making skills regarding avalanche safety. (A Level 1 avalanche certification will accompany successful completion of this material.)

Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.





# IWLS

International Wilderness Leadership School



## Course Itinerary

*This is a flexible trip itinerary that shows the general progression of the trip.*



**Day 0:** Plan on arriving in Seattle the evening before the course starts.

**Day 1:** We'll get an early start and drive east to the mountains.

**Day 2-6:** The first portion of the trip focuses on snow camping, and general travel techniques on snowshoes. Skills including but not limited to: general mountaineering skills, avalanche awareness, safe winter travel techniques, and rescue scenarios. Weather allowing, we'll put our newly learned skills to the test on peak ascents in the area. We will set up a base camp for the duration of the course and access a variety of terrain.

**Day 7:** Return to Seattle. In the last few days of the course we will have final peer and instructor evaluations. Students will be evaluated on their understanding and completion of the IWLS curriculum.

## A Typical Day

A typical day starts around 7am with breakfast and hot drinks. If a summit attempt is planned, you may find yourself awake just before sunrise. While water is heating you will most likely be preparing for the days' adventures.

You will play an integral part of the expedition team by setting up camp, cooking meals, or carrying a portion of the group gear. You may be leader of the day, responsible for planning the day, accomplishing objectives, or facilitating a lesson plan.

The day's activities will vary depending on weather, location, and progression of the course. We may work on developing your technical skills set, learn about different leadership styles, or get an alpine start and climb a large peak in the area. Regardless of the day's activities, it will be full of learning and adventure.

Dinner could be anything from thanksgiving to pasta, to backcountry pizza. Students often walk away from our courses with a newfound love for cooking good and original food.

The day will finish with a debrief session where we'll discuss the day's events, what you have learned, and how you'll be able to use your newfound skills in the near future.



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School



## Course Curriculum

The International Wilderness Leadership Schools' educational model nurtures leadership development and creates an awareness of the guiding mentality that is essential for leading safe, fun adventures in the mountains. The combination of technical skills training, practical leadership experience and a true wilderness expedition make the IWLS curriculum world class.

We believe that experiences drive our learning and therefore we use formal and informal classes taught by both instructors and students. Instructors are eager to help facilitate the learning process but ultimately, how much you learn will be dependent on the amount of effort you put into the course.

A detailed curriculum will be provided at the beginning of the course. Below is a partial list of curriculum points that will be covered throughout your course.

### *IWLS General Curriculum*

- **Leader of the Day:** Opportunities to lead the group will be abundant and you'll have the time to learn and practice multiple styles of leadership.
- **Situational Based Decision Making:** Over the course of 12 days, we'll discover ways to make effective and safe decisions in the field.
- **Focused and "Big Picture" Awareness:** Learn to identify objective and subjective hazards in a backcountry setting.
- **Logistics:** Develop the ability to efficiently plan and pack for an extended expedition in the backcountry.
- **Communication Skills:** Learn to communicate to a wide variety of audiences and provide constructive and appropriate feedback during daily group debriefs.
- **Teaching and Lesson Plans:** You'll have the opportunity to develop lesson plans, teach in front of the group, and learn the importance of progressions for teaching technical skills and leadership.
- **Expedition Behavior and Group Dynamics:** As this course is a true wilderness expedition, interactions between group members need to be supportive and contribute to the efficacy of the group. Learn the finer points of teaching these facilitation skills.
- **Camp Set-up and Maintenance:** Mastering these essential skills will prove valuable whether you are pitching a tent in gale force winds or melting snow for drinking water.
- **Nutrition and Cooking:** A healthy diet is vital for maintaining energy throughout an expedition. Learn to appropriately prepare nutritional and tasty backcountry meals.
- **Navigation:** Learn how to take a bearing, read a topographical map, triangulate your position, and navigate in a whiteout.
- **Weather:** Will the storm arrive in the next 12 hours, or the next 48? Understanding weather patterns and trends will help you plan successful trips in a wilderness setting.
- **Leave No Trace® Ethics:** As adventurers in some of the most pristine environments on the planet it is our duty to respect the natural world.
- **Natural and Cultural History:** Having a strong understanding of cultural history, flora, and fauna is an integral part of leading people in an outdoor environment. You'll learn some of the botany, ecology, and geology that apply to this remarkable area.



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School



## *IWLS Mountaineering Curriculum*

- **General Mountaineering Skills:** The mountain environment is an exciting and potentially dangerous place. You'll discover how to travel on the steep mountain slopes using equipment such as an ice axe and crampons as well as how to teach these skills to your fellow students.
- **Anchors:** Anchor building is a fun yet complex subject. We'll examine single, double, triple and complex anchors, and their different applications. Learn how to place anchors in snow, rock, and ice.
- **Ropes:** 50 meters or 70 meters? 8.0mm or 10.5mm? Single, double or twin? These are all questions you'll be able to effectively answer. We'll also learn how to care for and maintain these important pieces of equipment.
- **Knots:** Learn the appropriate applications for the figure 8, water knot, double fisherman, bowline, and other essential climbing knots.
- **Belaying:** Should we use a fixed belay or a running belay? Our team will learn and practice the finer points of different belay techniques such as the hip belay, running belay, boot axe belay, fixed belay, and more!
- **Ascending:** Fixed lines are an important tool for large groups and guiding applications. We'll learn how to efficiently use, build and maintain them.
- **Rappelling:** Rappelling down a steep rock face is a thrilling moment and our team will learn how to do it safely. We'll also look at different methods for teaching rappelling and dealing with incapacitated climbers.
- **Rope Teams:** Rope team travel is a complicated endeavor that requires skill, technique and teamwork. We'll cover everything from prussic arrangement to team management.
- **Crevasse Rescue:** Traveling in glaciated terrain requires that every member of the team be proficient in crevasse rescue. We'll learn how to get a teammate out of a crevasse quickly and efficiently.
- **Glaciology:** Students will learn and experience firsthand the intriguing complexities of these enormous rivers of ice and their effect on the land.
- **Technical Climbing:** Rock climbing, ice climbing and steep snow climbing are all included in the IWLS curriculum.
- **Escaping the Belay:** What happens when things go array? We'll practice escaping the belay and getting to the aid of an injured climber.
- **Short Roping:** Learn different applications of short roping technique and times and places to utilize it.
- **Sleds:** Key for long expeditions in the mountains. Learn how to maneuver, pack, and construct expedition sleds.
- **Timing:** In the mountains, timing is everything: when to leave camp, when to turn around, and when to push for the summit. Time management is a critical component of safe travel and plays into many aspects of mountaineering.



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.



# IWLS

International Wilderness Leadership School



## Journal Writing

Keeping a wilderness journal can help students to record, reflect, and gain from experiences throughout the expedition. The following are examples of topics that may be assigned throughout the course: First-Aid SOAP notes, incident management forms, leadership analyses, trip reports, lesson plans and decision making analyses.

## Evaluation and Grading

Students who take this course for credit will receive a letter grade. Grading is a measurement of one's knowledge of material, participation, written and oral communication, and one's judgment and awareness. Students will be evaluated on their skills, level of participation, their knowledge and awareness of their own abilities as outdoor leaders, their level of judgment as applied to decisions, and written projects assigned during the trip. Students that don't take the course for credit will receive a written evaluation in place of a grade.

## Certifications

Upon completion of the 7-day mountaineering leadership course, students will be eligible for the following certifications:



**7 Day Guide Training Certificate of Completion**  
*International Wilderness Leadership School*

Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.

