



Ritt Kellogg Memorial Fund Registration

Registration No. 15DJ-8ZG5J
Submitted Jan 9, 2017 6:33pm by Lani Chang

Registration

Aug 29, 2016-
Aug 27, 2017

Ritt Kellogg Memorial Fund

RKMF Expedition Grant 2016-2017// Group Application

This is the group application for a RKMF Expedition Grant. In this application you will be asked to provide important details concerning your expedition.

**Waiting for
Approval**

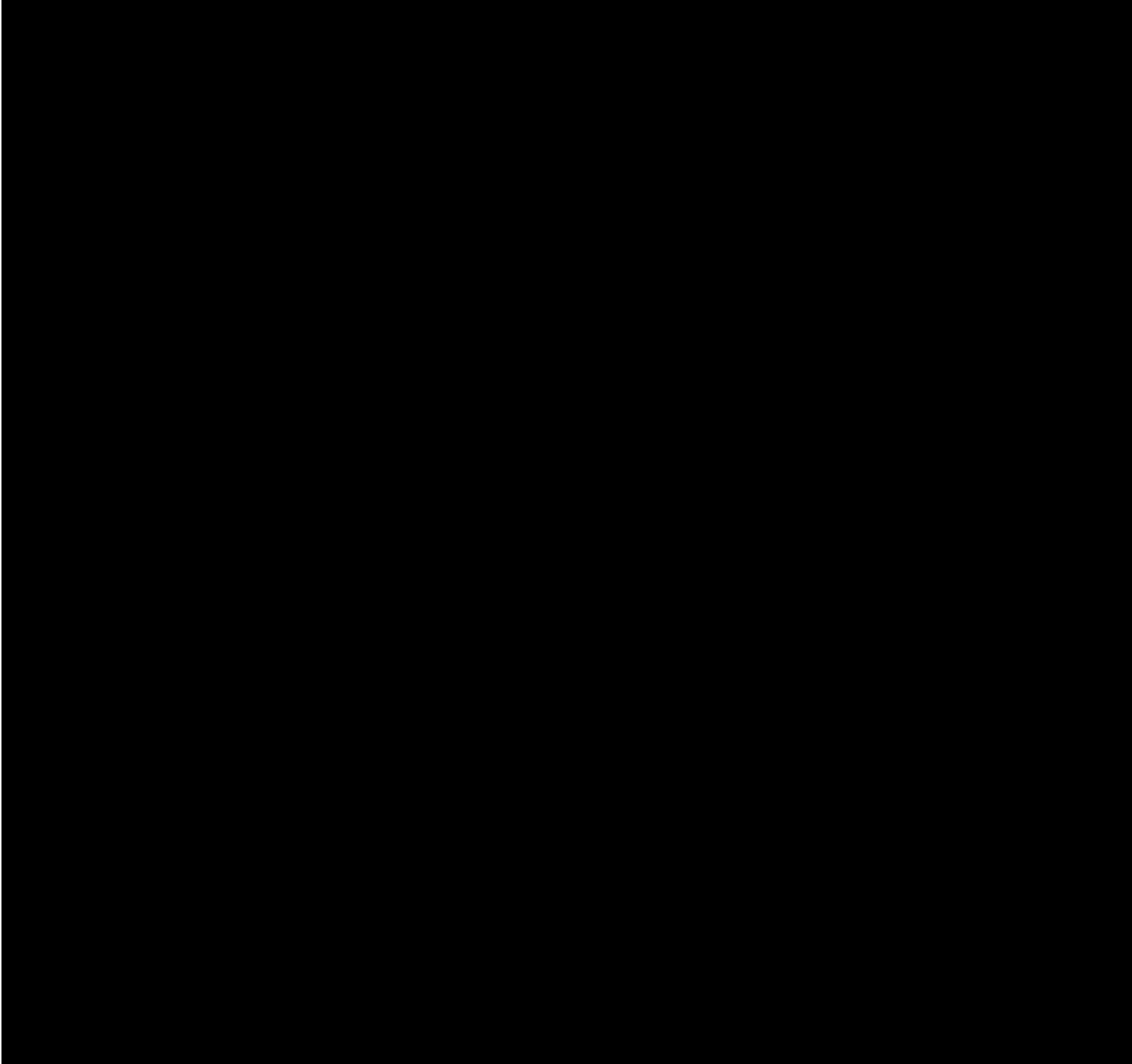
Aug 29, 2016-
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Ritt Kellogg Memorial Fund

RKMF Expedition Grant RKMF Expedition Grant (2016-1017//INDIVIDUAL)

This is the individual application for a RKMF Expedition Grant. Each participant must fill this application out on their own. In this application you will be asked to provide important details concerning your experience and eligibility for your proposed expedition.

**Waiting
for
Approval**



I. Grant Summary

a. Expedition name:

Wiggidy Womping in the Winds

b. What is the primary activity (or activities) of your expedition (i.e. rock climbing, packrafting and hiking, etc.)?

Rock Climbing

c. Briefly describe the objective(s) of your expedition:

The main objective of our expedition is to explore the Wind River Wilderness with a specific focus on traditional, multi-pitch, alpine climbing in the Cirque of the Towers. Specifically, we aim to become more comfortable with climbing in an

alpine environment and improve all the related skills (efficient movement, good rope management, route finding, maintaining good mental composure, etc.) We believe that this trip represents an opportunity to build on our previous rock climbing experience while introducing ourselves to alpine climbing and pushing ourselves to be better climbers in a safe and responsible manner. Other objectives include building our technical skills as a team, ensuring minimal impact on the environment through LNT principles, and above all exploring this area in the safest and most efficient manner possible.

d. Describe the location of the expedition:

Cirque of the Towers, Wind River Range, Wyoming

Attach an area overview map.



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Uploaded Dec 10, 2016 8:49pm by Lani Chang

e. Expedition dates:

Trip including travel dates: August 7, 2017 - August 22, 2017

Dates in the field: August 9, 2017 - August 21, 2017

f. Number of days in the backcountry:

13

g. Describe the wilderness character of your expedition (100 words or less):

The Wind River Range is the highest range in the Wyoming-Idaho-Montana group. Although we will not be doing any glacier travel, the Winds contain the second largest system of glaciers in the continuous US after the Cascades. The formations of the Winds are a product of this glacial activity. The Cirque of the Towers is located in the Bridger-Teton and Shoshone National Forests and is home to grizzly, black bears, marmots, bighorn sheep, moose, elk, wolves, wolverines and coyotes. This particular ecosystem's flora includes several species of pines, Engelmann Spruce and subalpine fir. Sources: Summitpost.org, Wikipedia (Wind River Range).

h. Funding request, per person, in \$USD:

\$595.86

II. Participant Qualifications

a. Participants' Graduation Date

Lani Chang, May 2017
Isaac Radner, May 2017

b. Medical Certifications

Lani Chang

- WFR Exp: Dec 2018

Isaac Radner

- WFR. Is taking the 2017 Half-Block WFR Recertification Course.

c. Additional Certifications

We both will be taking a Multi-Pitch Self-Rescue Course through the Pikes Peak Alpine School this spring. We have applied for and RKMf educational grant for this.

d. Training Plan

For this expedition, we plan to train by solidifying our technical skills as well as our physical fitness. While both members of the expedition have climbed extensively together, it will be important to further solidify skills and systems by practicing and climbing together at the Ritt Kellog gym, City Rock and outside.

Physical fitness: During the Spring Semester, both of us will follow the 3-4 month training cycle outlined in Mark and Michael Anderson's well-known training guide *The Rock Climber's Training Manual*. These cycles cover everything from endurance to explosive power. While following this training cycle we will be in the gym at least 3 days a week, and hope to climb outside one day each week (weather permitting). The Anderson's training plan is well-respected and well-tested in the climbing world, and we believe that it will prepare us physically for a summer full of fun and challenging climbing adventures.

Beyond actual climbing fitness, all-around physical fitness will be necessary in order to be able to carry our gear, equipment and food into the back-country, as well as for the approaches and descents of the climbs. Thus we will also incorporate cardio and some weight training into our training plan on our non-climbing days.

Technical Skills: To solidify and acquire more technical skills, both members of the expedition plan to take a multi-pitch self-rescue course through the Pikes Peak Alpine School in the spring (2017) before the expedition. We hope to improve and gain knowledge of skills like escaping belays/going hands free, hauls and raises, various knots and hitches, and other skills to improvise if gear is damaged or lost. The course can be scheduled for any date upon request. In addition to the course, we plan to continue practicing recreational rescue skills in the Ritt gym and solidifying technical skills and systems when climbing outside.

Additionally, we will continue to work on climbing as a team by planning on climbing longer, trad multi-pitch routes (granite, alpine setting) to solidify our systems and improve efficiency. We will be climbing together for the entire summer before the Ritt trip, and below is a list of climbs we would like to complete before the expedition:

- Hallett Peak, RMNP, 5.8+, 8 pitches
- Crestone Needle via Ellingwood Ledges, 5.7, ~10 pitches
- Yellow Spur, Eldorado Canyon, 5.9+, 6 pitches
- Jah Man, Castle Valley, 5.10+, 3 pitches
- South Face of Petit Grepon, RMNP, 5.8, 8 pitches
- South Face Route, North Dome, Yosemite Valley, 5.8. 7 Pitches
- Nutcracker, Manure Pile Buttress, Yosemite, 5.8 5 Pitches
- Snake, The Chief, Squamish, 5.9. 5 pitches
- Cruel Shoes, The Chief, Squamish, 5.10d 6 pitches

III. Expedition Plan

a. Land Management

The area that we will be hiking and climbing in is within the Bridger-Teton and Shoshone National Forests. No permit or pass is required for entering or climbing in the Cirque of the Towers area.

b. LNT Principles

Yes

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Both members of the expedition are familiar with LNT principles and will make a conscious effort to abide by all of the principles to minimize our impact on the area.

- Since many of the climbs will be in an alpine environment and the Cirque of the Towers sees a high number of climbers during peak season, we plan to bring wag bags.
- We will make sure to stay on and follow established hiker and climber trails (approaches, descents and the hike in) when possible to avoid damaging vegetation and causing further erosion. Additionally, we will plan to camp in established sites or on durable terrain to minimize impacts.
- We will pack out all trash, food scraps, and micro trash to minimize our impact on the area and prevent animals from becoming dependent upon human food.
- If we come across any artifacts, we will leave them in place.
- If we encounter climbing booty, we will thoroughly examine it and try to use our best judgement before removing it. If it appears to be intentional for descending/ascending, we will leave it in its place.
- We will take extra precaution to store and consolidate our food in an appropriate way so as to reduce the chances of wildlife obtaining our food.

c. Cultural Considerations

Yes

Empty

The Wind River Range has a rich history of Native American inhabitancy and settlement. The Shoshone and Northern Arapaho lived in this region until the mid-1800s when they were relocated to the Wind River Indian Reservation.

Artifacts have been found in the region we plan to go to. If we do find any artifacts or anything that looks like one, we will leave it in its place and respect these cultural history of the area.

d. Re-Ration Plans

No

e. Expedition Itinerary

[wiggidy womp itinerary.pdf](#) (2.6MB)

Uploaded Jan 5, 2017 10:17am by Lani Chang

Appendix A

f. Equipment List

[gear list ritt .pdf](#) (55KB)

Uploaded Dec 29, 2016 4:02pm by Lani Chang

Appendix B

g. Food List

[food list.pdf](#) (203KB)

Uploaded Dec 28, 2016 1:46pm by Lani Chang

Appendix C

Food Storage

We plan to use bear canisters and odor-proof bags to store our food and other items that are aromatic. We will hang the odor-proof bags when possible. When there are no trees nearby, we plan to keep the bear canisters at least 50 yds from our campsite. Both the canisters and the bags will prevent wildlife from approaching our campsite and food supply.

IV. Risk Management

a. Travel

Isaac and I are planning a climbing trip to Squamish before our Ritt expedition and will be there up until the start of our expedition. Since we will already be together, we will drive to the Winds together. To manage risk during travel to and from the trailhead, we plan on taking turns driving so that we don't drive when we're tired and will try to minimize driving late into the night or in bad weather. Since the drive from Squamish is approximately 19 hours we will split the drive up into two days to minimize driving late into the night. I also plan to service my car before leaving, to avoid any car-related issues. Additionally, there is approximately a 30-40mi dirt road (somewhat well maintained) that accesses the Big Sandy Trailhead, we will make sure to drive carefully on this road and fuel up before this last leg of the drive.

b. Objective Hazards

- Rugged terrain: rock fall
- Weather: freezing temperatures, rain, intense sun, thunderstorms, high wind
- Animals/wildlife
- Technical rock climbing with advanced systems/gear

Rugged terrain: To manage this risk we will try to avoid traveling on rugged terrain (descents) when tired or in the dark by starting early on climbs. Additionally, we plan to scope out approaches of climbs a day in advance to get a better understanding of what type of terrain we will be dealing with the following day. We also plan to bring good topos and beta for climbs so that we stay on route the main route and avoid the less-traveled areas of rock that may have more rockfall potential. Lastly, we will always wear our helmets in potential rock-fall zones.

Weather: With regards to weather, we will do our best to have the most accurate forecast before heading into the backcountry and will check the weather up until leave for the backcountry. Since afternoon thunderstorms are common during the summer season, we will start early on days with longer climbs and aim to descend in the late morning/early afternoon before these storms roll in. While on climbs, we will continually assess the weather to decide whether to continue or to bail and bring adequate bail gear in the case that we do decide to. Lastly, we will make sure to bring appropriate clothing and equipment for cold temperatures, rain and wind.

Animals/wildlife: We will make sure to pack out all trash and store our food and trash in odor-proof bags and bear canisters while in the backcountry to deter animals from coming near our camp. We also plan to carry bear spray in the chance that we do encounter a bear. We will also carry ample insect repellent and protective clothing to deter the notorious mosquitos of the Winds.

Technical rock climbing w/ advanced systems and gear: As mentioned before, we will always wear helmets while climbing and while in potential rock fall zones. When rappelling, we will always make sure to tie knots in both ends of our ropes and use a third hand or prussik. Each climber will carry their own rescue gear/kit which will include an extra locking carabiner, a knife, a prussik and a double length sling or something comparable. We will also make sure to go into climbs prepared with adequate food, water, clothing, bail/rescue gear and a headlamp each. This spring, we both plan to take a multi-pitch self-rescue course which will help us solidify and learn skills necessary to perform a self-rescue in the multi-pitch settings that we will be climbing in. Lastly, we will continue to climb together as a team leading up to the expedition to strengthen our systems and skills.

c. Subjective Hazards

Although we both have a fair amount of multi-pitch climbing experience and have spent a lot of time climbing together, this will be our first time doing an extended climbing trip exclusively in alpine terrain. We hope that this trip will allow us to develop our skills climbing in an alpine environment as a team.

To mitigate and manage hazards in the field we plan to get detailed route descriptions, beta and topos before even heading out. When in the field we plan to take rest day in between climbs to scout out approaches and descent routes, if possible. We also plan to do a progression of climbs to get a feel for this new environment and climbing style, progressing from 5.6 for our first climb and working up to 5.9.

d. Emergency Preparedness

We will do everything possible to avoid an emergency situation through thorough planning before the trip and taking extra precautions during the trip.

In the case of a rapid/life-threatening evacuation:

We will use our SPOT device to send an S.O.S message that will relay our GPS location to dispatchers who can then contact search and rescue for a rapid emergency evac. If we are climbing on a route, we will use skills and knowledge we will have learned in the multi-pitch self-rescue course to get both of us to a safer location or the ground. If there is an injury or medical emergency, we will utilize skills acquired in WFR to stabilize and help the other until further help comes. Since there are only two of us, the non-injured person will stay with the person in need of the rapid evacuation. Once the injured person has been evacuated, the non-injured person will return to camp, pack up and self-evac via the Big Sandy Trail. Once at the trailhead, the non-injured person will follow ORC backcountry leader protocol and call the necessary individuals, as well as, alert the parents of the injured person. If the non-injured person could not bring all the equipment/food/waste out, they will hike back in, to recover the rest of gear.

In the case of a non-rapid/non-life threatening evacuation:

If on a climb, we will use our skills from the multi-pitch self-rescue course to get ourselves safely down and off the climb. If one of us has a non-life threatening injury, we will use our WFR skills to stabilize and help the other. We will use our best judgement to determine the speed of the evac and best treatment to make for the safest and most efficient evacuation. Once ready to leave camp, the non-injured person will take the majority of the load and hike out. Once out of the backcountry, we will call the necessary individuals and seek further medical attention if necessary. If a walk-out evacuation is not possible, we will use our SPOT device to relay a "help" message to those tracking our SPOT locations (family/friends) for an evac.

e. Emergency Resources

Bridger-Teton National Forest
Pinedale Ranger District
29 East Fremont Lake Road Pinedale, WY 82941
(307) 367-4326

Shoshone National Forest
Washakie Ranger District
333 East Main St.
Lander, WY 82520-3499
(307) 332-5460

Sublette Sheriff's Office
35 S Tyler Ave, Pinedale, WY 82941
(307) 367-4378

Tip Top Search and Rescue 139 N. Bridger Ave.
P.O. Box 400
Pinedale, WY 82941
(307) 367-2849, (307) 749-1016

St. John's Medical Center
625 East Broadway
Jackson, WY 82520
(307) 733-3636

Lander Regional Hospital
1320 Bishop Randall Drive
Lander, WY 82520
(307) 332-4420

V. Budget

Budget

[ritt budget.pdf](#) (50KB)

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Appendix D

Transportation

\$168.08

Food and Fuel

\$266.90

Maps and Books

\$0

Communication Device Rental

\$84.00

Permits/Fees

\$16

Gear Rentals

\$80.78

Total Funding Request

\$595.86

Cost Minimization Measures

Since we will be carpooling to and from the trailhead, we hope to conserve gas money in that way. We are also going to borrow as much gear as possible to try and reduce costs, this includes bear canisters and guide books. Since many of the beta and resources are online and free, we will also minimize costs this way. Although we will be driving from Squamish, which is relatively far, our Squamish trip will be a chance for us to familiarize ourselves granite style trad climbing since much of the snow will have not melted from many of the high alpine areas before the start date of our grant. We will only be doing this drive one way and then driving back to the Springs which is close by and does not require much fuel.

VI. Expedition Agreement

Expedition Agreement

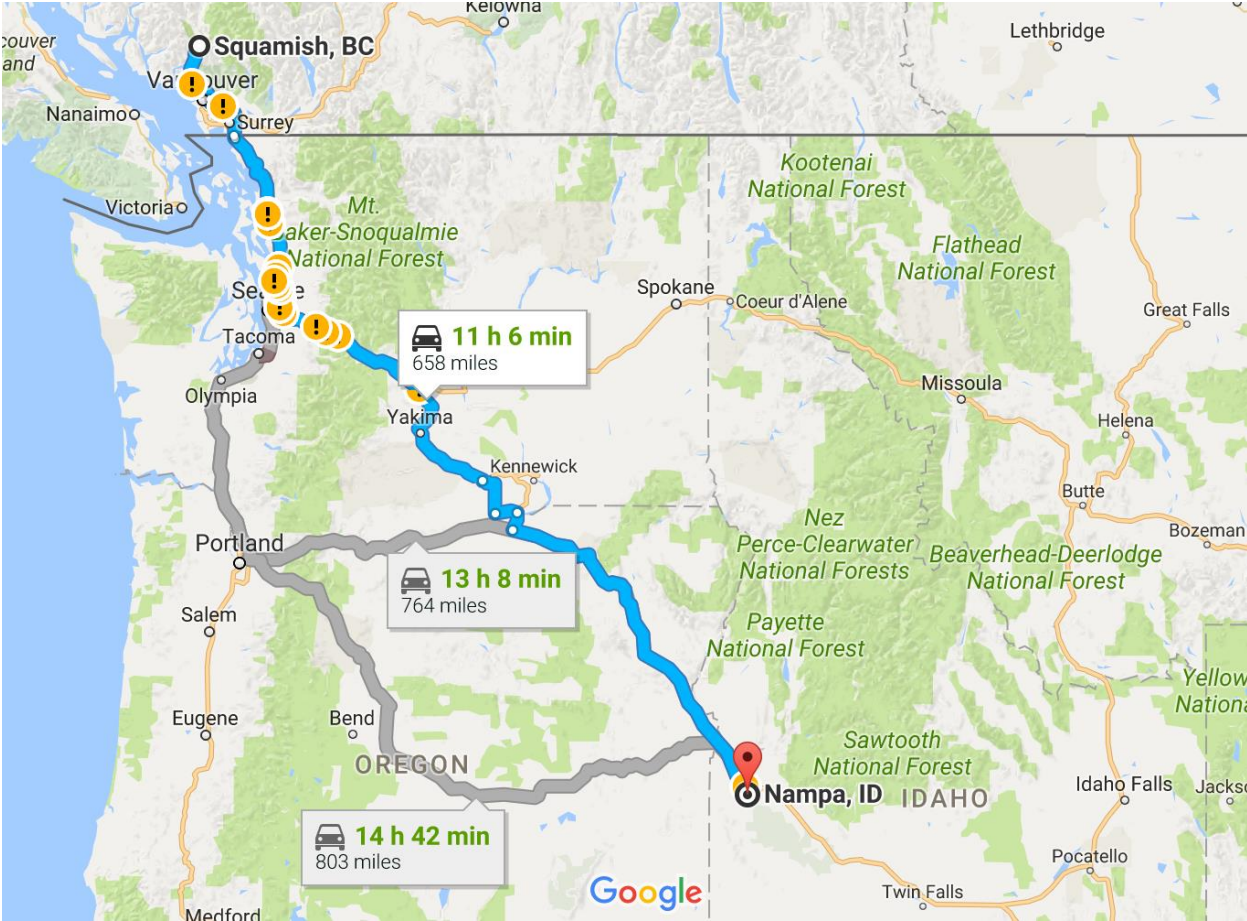
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Appendix E

Appendix A- Expedition Itinerary

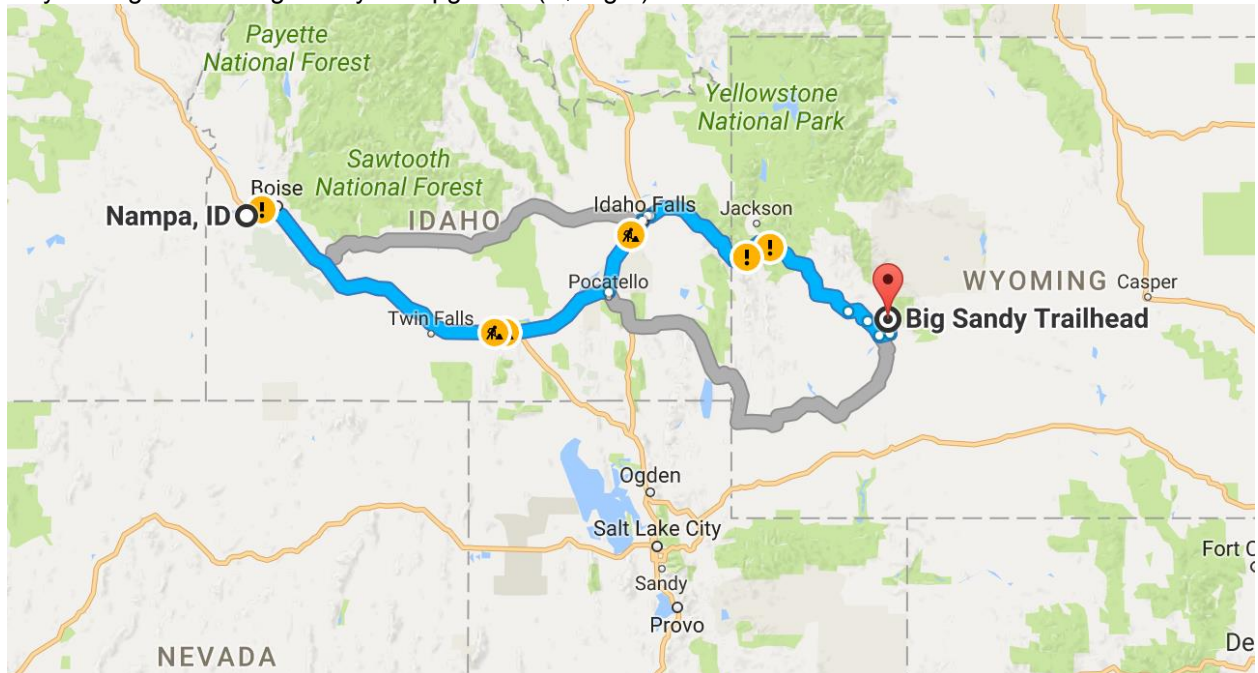
Day 1: August 7th, 2017 - Drive from Squamish, British Columbia to Nampa, Idaho

Before our trip to the Winds, we are planning a climbing trip to Squamish from July 17th to August 6th. On August 7th we will drive from Squamish to Nampa, Idaho (658 mi). Nampa is a bit over halfway to the Big Sandy Trailhead. We will be staying at a friend's house in Nampa for the night.



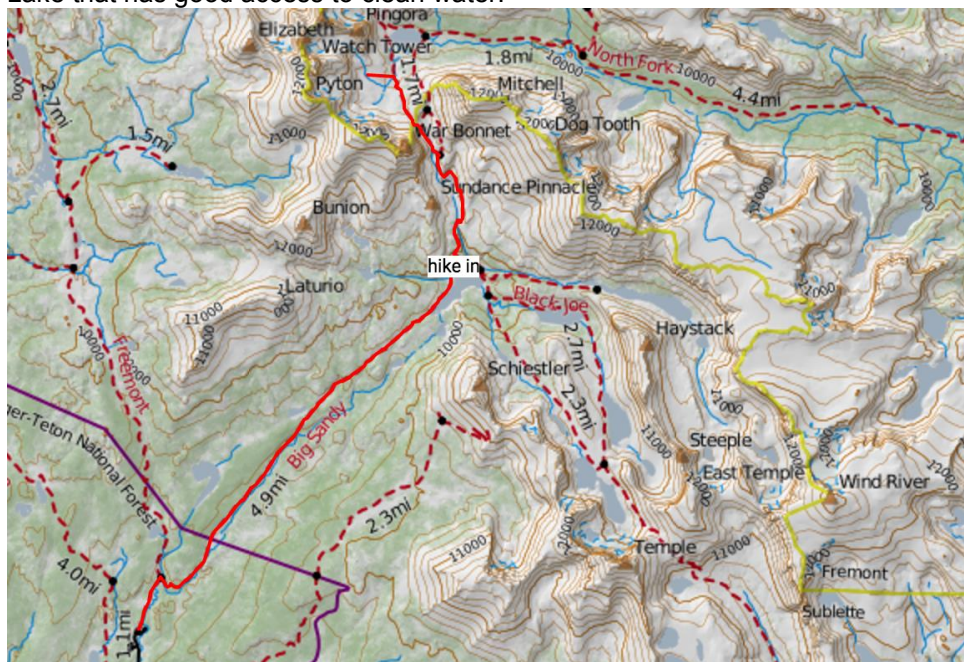
Day 2: August 8th, 2017 – Drive from Nampa, ID to Big Sandy Trailhead in WY

We plan to wake up early, organize our gear and buy whatever remaining food / gear we have to, and leave in the morning from Nampa in order to arrive at Big Sandy Trailhead by late afternoon. The drive from Nampa to Big Sandy trailhead is about 515 miles. Before hiking into the Winds the next day, we will stay the night at the Big Sandy Campground (8\$/night).



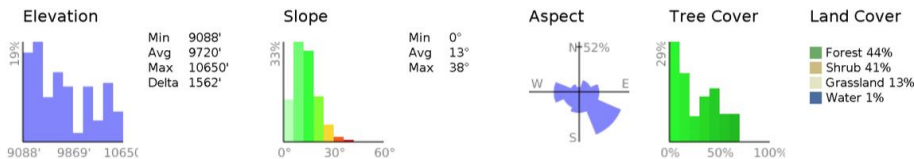
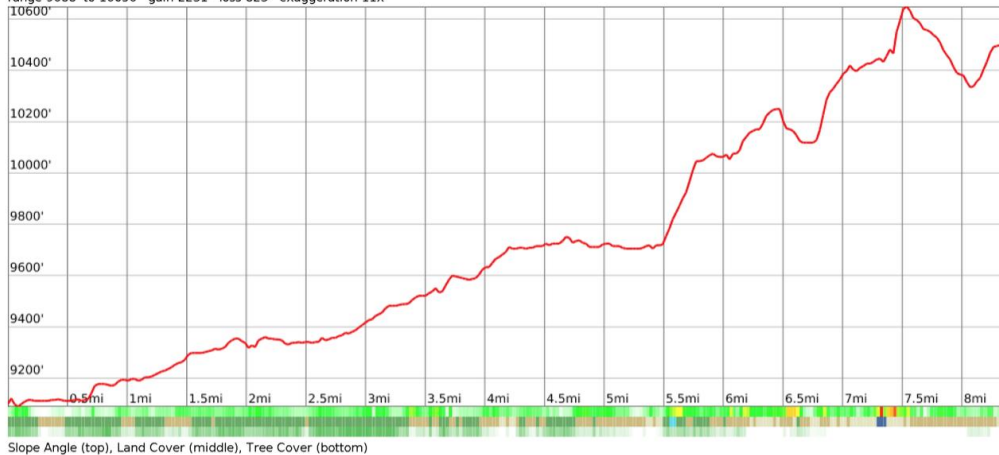
Day 3: August 9th - Hike from Big Sandy Trailhead to Base Camp at the Cirque

We will pack up all food and gear and hike from the Big Sandy Trailhead to our base camp in Lonesome Lake Cirque. The total mileage is approx. 8.5mi and the net elevation gain is approx. 1,400ft. We will camp in the rocky meadows directly south/SE of Pingora. There is a stream that runs off from Hidden Lake that has good access to clean water.



hike in

range 9088' to 10650' gain 2231' loss 823' exaggeration 11x



Day 4: August 10th - Northwest Buttress (II, 5.6, 500ft), Shark's Nose

This route will be an excellent warm up route on which we can practice and get used to moving around and climbing in the alpine on a relatively easy, short, and low-commitment climb.

Approach:

Hike towards the western slope of Pingora from the Lonesome Lake Cirque. Upon approaching Cirque Lake, hike along the northern shore and aim for the saddle north of the Overhanging Tower. Hike towards the saddle staying on the left hand side (3rd class). Upon reaching the saddle, find the higher of two 4th class ramps that slant across the NW face of the Shark's Nose. Descend the ramp until you reach a steep wall with a vertical crack going through it. This is where the Northwest Buttress route begins.

Route description/bail plan:

From *SummitPost*:

P1: 5.5. Begin climbing up easy terrain toward a short, obvious flake. Climb up the flake and continue on, slanting upward toward the right, up easier rock. The route is obvious and well protected. You will pass a couple rappel stations along the way. We chose to belay approximately 10 feet above the second rappel station.

P2: 5.6 or 5.9. Continue up until you reach a crack with a fixed piton. Climb this crack for 5.6 rock, and walk 100 feet or so across a relatively low-angle slab, past a rappel station, toward a corner system in the rock where you can set up a belay. If you are in the mood for a very airy, runout traverse, instead of climbing the 5.6 crack look around the corner and you will see a thin hand ledge going across a 1,500 foot vertical face. Use the hand ledge and friction foot holds to traverse across the face until the ledge pinches out, at which point you will be able to reach across to a crack and wider ledge to stand on. This traverse felt like a 5.9 to me. Continue along the wider ledge toward the corner system mentioned above.

P3: 5.5. Climb up a friction slab with a mainly vegetation-filled dihedral crack to your right. The further up you climb, the more abundant protection you will find. It is possible to get off route on this pitch, as there are more difficult cracks to your right with a few pieces of bail gear/slings evident. Belay in a cave-like feature in the rock.

P4: 5.5. From the cave, climb up climber's right up a short, blocky crack system. You will reach a flat ledge, at which point you will see the summit. Climb up the friction slab to the small summit of Shark's Nose.

Bail plan: One can rap this route, so if for some reason we need to bail, that is what we will do.

Descent:

Rappel down the route at the fixed rap stations. *Mountain Project* and *SummitPost* recommend doing a two-rope rappel so we will bring two ropes. There are several rope-eating cracks, so we will do our best to rap the route cleanly and manage the rope accordingly. Upon reaching returning to the base of the climb, we will hike back the same way we approached.

Rack:

Two 70m ropes, set of nuts, rack from .4-3, doubles from .75-2



Day 5: August 11th - Rest Day

Scout out approach/climb for East Face Left Side Cracks on Pingora.

Day 6: August 12th - East Face Left Side Cracks (III/IV, 5.7, 800ft), Pingora

This route, while still relatively easy climbing, is fairly long (9-12 pitches) and will allow us to practice moving efficiently in the alpine. This will be great practice for some of the longer, more challenging routes we hope to do later in the trip.

Approach/Route description:

This route follows low-angle cracks and corners directly up the far left side of Pingora's East Face, just right of the gully that separates the east face from the southwest shoulder. Climb the lower crack section for about 3-4 pitches depending on how far you stretch it. There is no real distinct crack to follow so just go with the flow. After this section, you'll reach the upper wall where the difficulty eases off and it should be 4th class to the top.

Additional info: We were not able to find a pitch-by-pitch description of the route, but all sources said that the route finding is fairly straightforward, and if there are several options they are all in the 5.6-5.7 range.

Bail plan: There are several places where one can escape this route. After the first 3-4 pitches, where the angle eases, one can traverse off to the left and rap/downclimb a wide low-angle gully. One can also traverse left on 3rd class terrain at the midpoint to the South Buttress where one can then walk/scramble off.

Descent: Rappel the South Buttress and then walk off.

Rack: 70m rope, set of nuts, rack .4-4, doubles .5-3



Day 7: August 13th - Rest Day

Day hike to Lonesome Lake and possibly swim and scout out approach for the Southwest Face of the Shark's Nose. We will rest for the remainder of the day.

Day 8: Direct Southwest Face (III, 5.9, 1100 ft.), Shark's Nose

This route, though it is the most technically challenging route of the trip, is a relatively safe way to get acquainted with 5.9 alpine climbing. The climb overall is relatively easy and low-commitment (there is only one 5.9 pitch, and just a bit of 5.8 climbing. Most of the climbing stays in the 5.6-5.7 range).

Approach: Hike up the talus along the base of the West face to the point where the buttress bends around onto the south face. At this point there is a 10-12 foot wide low angle chimney that leans to the right.

Route description/bail plan (Mountain Project Beta):

P1 Third class: You can third class this chimney for 80 feet or you can walk around the south side and up the gully and then scramble up onto the face at the top of the chimney. From this point continue scrambling up on very loose 3rd class terrain another 40-50 feet to a point where you can set up a belay at the base of a right leaning right facing corner.

P2 – 5.6 160 feet: Climb the right leaning, right facing, loose corner for another 50-75 feet until it ends. Exit up left onto a low angle face and climb up and left towards more right facing corners until you are nearing the end of the rope and can find a decent belay.

P3 – 5.6 160 feet: Climb a short distant further to an obvious, clean, beautiful right facing corner that leans left. A finger crack on the left wall takes gear and assists with the climbing. Climb to the top of this corner then work up and left and choose a ledge for a belay.

P4– 5.7 160 feet: Look up – there is a roof 200 feet above with a break through it and a thin crack going up to and through this break with a shallow right facing corner intersecting the roof just to the left of the break. Head towards this roof climbing weaknesses up the corner until close to the roof and then traversing on a ramp across the face to cracks just below the weakness in the roof. Belay in a pod.

P5 – 5.9 140 feet: Climb straight up from the pod to the roof in a shallow left facing 6 inch corner with a thin crack just to its right. Thin moves lead up and slightly right then above the roof in a small crack. Climb a few more moves up and right to another belay in a pod. Small cams ¼ to ½ inch and wires are helpful on this pitch.

P6-7 – 5.7 to 5.8 range: Multiple options exist to the summit. We climbed up slightly, then went left under a roof to a fixed old belay then straight up for 2 pitches. I have also not gone left but straight up in the distant past. The left option brings you to the rappelling at the North summit, the straight option brings up to a notch in the middle summit area.

We will have extra bail gear with us in case we need to bail during the climb, so we can rap back down the route.

Descent (Mountain Project Beta): If not there, climb over to the north summit. Rappel to the west down the NW buttress route in a somewhat complicated fashion with one or two ropes.

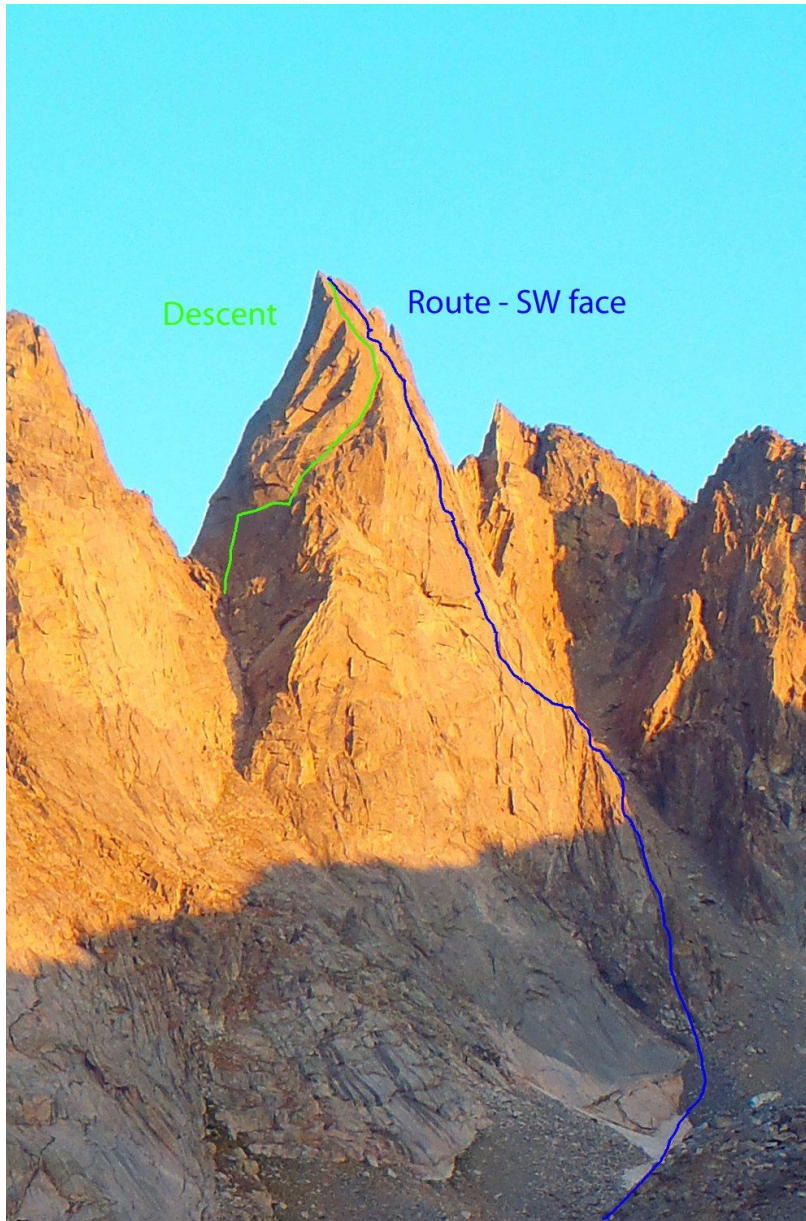
Rappel 1: Down and left (climbers left) 2 rope rappel (or two single rope raps).

Rappel 2: Down and left to a ramp. Walk north on the ramp to the next rappel anchors.

Rappel 3: Down and slightly left over the edge and past a rope eating crack on the right. Go down all the way to the ramp if possible or third class it down onto the ramp.

Rappel 4: Walk down the ledge to the final rappel station and rappel straight into the gully. If you are in the basin below, descend the gully and grass ramps down to the lake or wherever your final destination. If you are in the Cirque of the Towers area, ascend the gully slightly and then traverse up and left across the center of the face of overhanging tower to the notch where you can wrap around and descend down along the base of Wolf's Head and into the Cirque.

Rack: 70m rope, set of nuts, rack .4-4, doubles .5-3



Day 9: August 15th - Rest Day

We will take this day to rest before one of the hardest and most sustained routes of our trip. We will make sure to plan accordingly for the Northeast Face of Pingora.

Day 10: August 16th - Northeast Face (IV, 5.8+, 1200ft), Pingora

This is the most challenging climb we will be attempting during the trip due to its length and sustained nature. However, we believe that the climbs we will have already done in the Cirque will have prepared us for this attempt.

Approach: Find trails at the north side of the lake at the base, hike left of stream into rock field and scramble left, left of the prominent base of a gently curving ledge that becomes a long dihedral ending at a roof. Rack up on the low-angle rock, then head left up the 3rd-class ramp. Don't be surprised if the start seems somewhat exposed as you head to the left.

Route description/bail plan (Mountain Project Beta):

Head up the 3rd class ramp that heads toward the sloping ledge system, traverse and/or downclimb to reach the ledge, thinking about the 2nd as you place gear. Belay just past the ledge where good pro presents itself in the left leaning ramp that leads to the dihedral with a prominent roof.

Climb the dihedral, either belaying below or after the roof.

Climb a long pitch, starting first right, then back left to a fun 5.8 crack and belay.

Ascend the left leaning system of ledges and dihedral cracks for at least 2 pitches (even with a 60m). The Kelsey topo forgets how long this section is. Going right early will end in a dead end.

Do finally head right with some spaced pro up the ledges until the 5.8 flare and 5.9 3" variation become unmistakable back to the left. Struggle up the flare to easier ground and belay left at the ledge.

Continue leftward, past a large flake and up to belay at the base of a crack leading to a chimney continue up or step again left and continue the crack system to for a long pitch and belay.

Head up to the base of either of two chimney systems. Another pitch up either of the chimney sections leads to the east ledges platform.

Another pitch awaits to the upper summit. Ascend to the top, then make a short rappel to gain the summit proper.

Because this is a committing route, we will make sure to bring gear to make our own rap anchors if we need to bail down the route.

Descent: Find the anchor at the top of the "K" cracks of South Buttress route. Rap ~29 meters to the huge ledge and then down climb low fifth class on climber's left for ~3 meters to the second rap station (5.6 down climb?); a 70 meter rope will take one all the way to the smaller ledge adjacent to the second rap anchor. Thread second rap anchor and toss skier's left. Rap a little left and then straight down ~31 meters to a smaller but still very ample ledge having the third rap anchor. At the last part and with careful attention to rope ends, a 60 meter rope allows for a much shorter and easier downclimb one or two 3rd or 4th class moves. Thread rope through third rap anchor and toss straight down. Rap ~26 meters to anchor with fixed nuts and with little on which to stand. Then rap again to ample horizontal ledge which is a total of ~50 meters below the third rap anchor (i.e., these last two raps can be combined in one double rope rap). Hike the ample horizontal ledge to skier's left back to the south shoulder of Pingora (i.e., to the vicinity of the starts of the routes South Buttress and East Ledges). There is a short 2nd / 3rd class ~horizontal section just before reaching the south shoulder. Walk off.

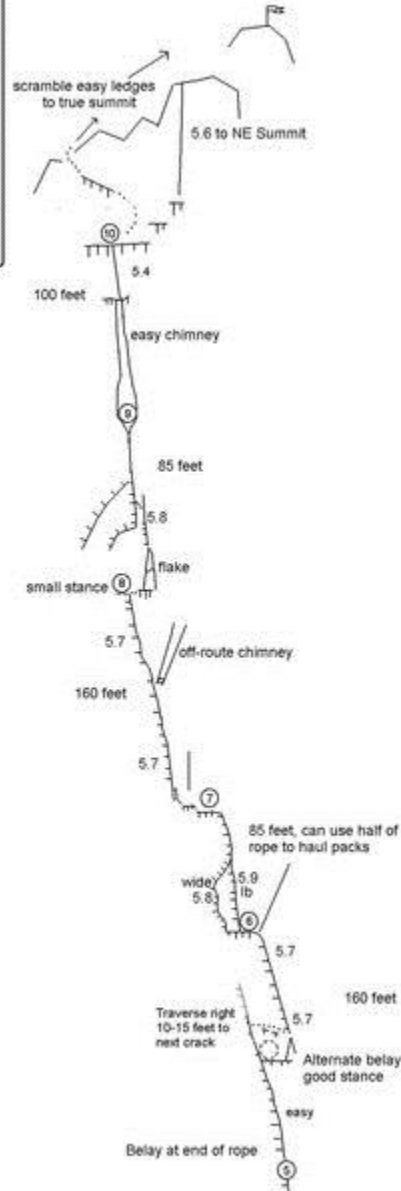
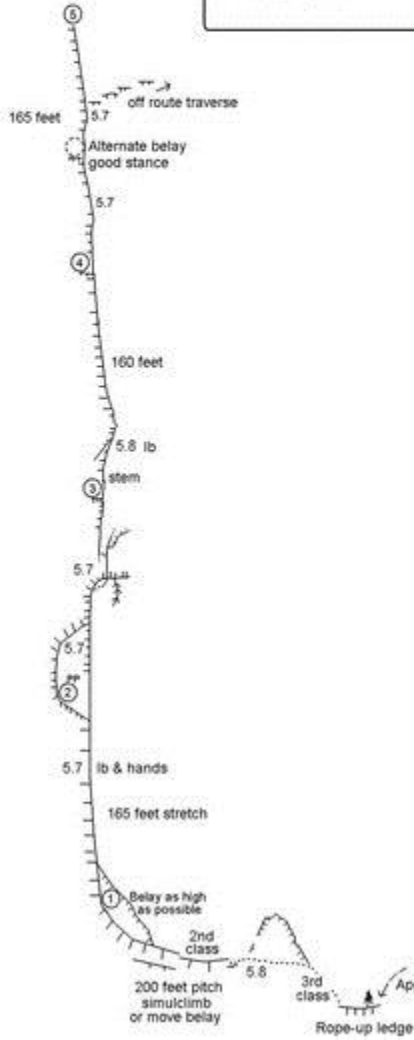
Rack: 70m rope, set of nuts, rack .4-4, doubles .5-3

Descent:
 Downclimb and rappel the South Buttress. Two ropes helpful. Either follow the hordes who climb the South Buttress, or if you are lucky enough to be alone, from the notch east of the summit work your way down easy rock for about 250 feet towards Warbonnet. The first rappel anchor is a few feet below an apparent impasse at a large ledge. 90 feet brings you to another anchor about 10 feet below the west end of the next ledge you get to. The next rappel (140 feet) passes two other stations while trending to Climbers' right. The last rappel is less than 80 feet and is easy to find.

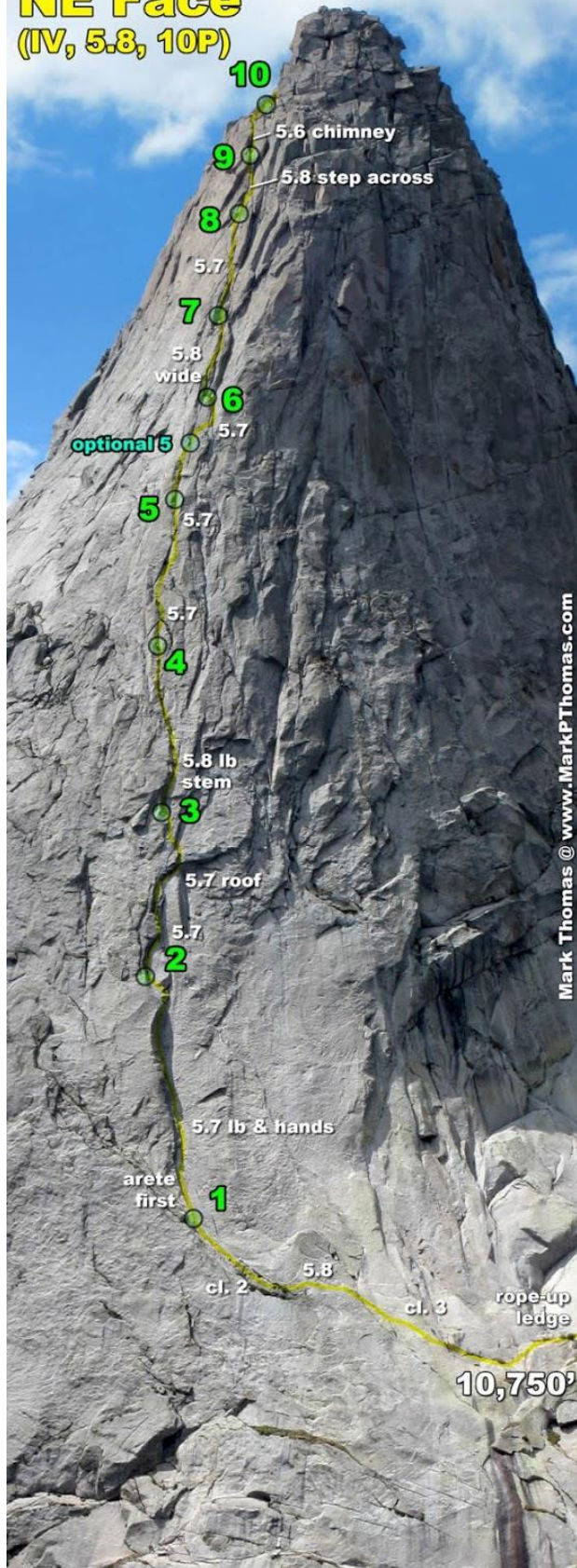
Pingora Peak
Northeast Face
IV 5.8

First Ascent
Harry Daly & Jim Yensan
August, 1962

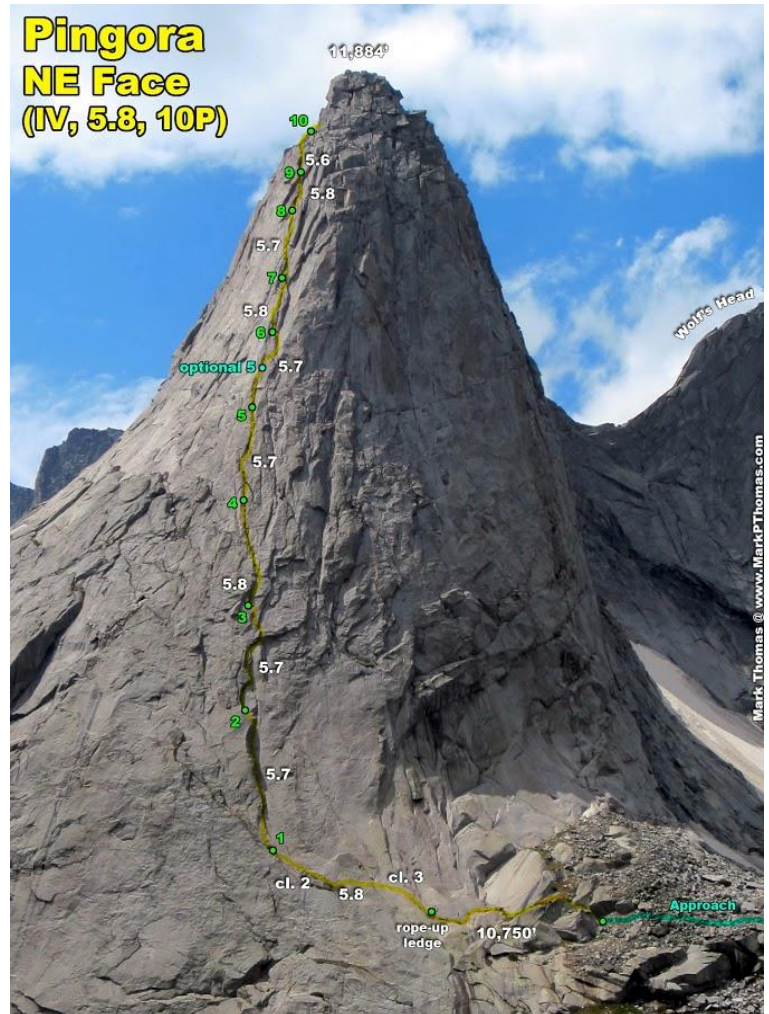
Rack: nuts and cams to 4".
 The route can be climbed with 50m ropes.



Pingora NE Face (IV, 5.8, 10P)



Pingora NE Face (IV, 5.8, 10P)



Day 11: August 17th - Rest Day

We will take this day to rest after probably the longest and most sustained climbs of the trip.

Day 12: August 18th - Northeast Ridge (II, 5.2), Overhanging Tower

This climb represents a well-deserved rest and fun adventure after our two most challenging climbs of the trip, and will be a great chance to practice our simul-climbing!

Approach:

Approach Wolf's Head-Overhanging Tower col and head up the 3rd class ledges until it's possible to start climbing up and around the ridge.

Route description/bail plan:

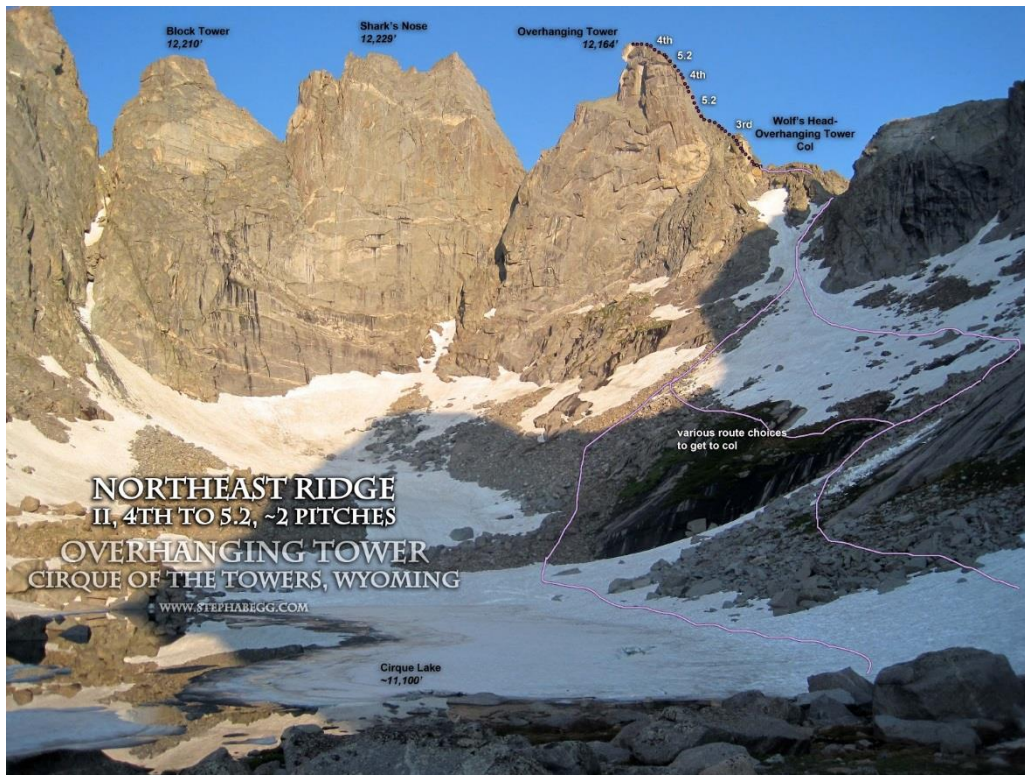
The climb is predominantly 4th class with some sections of 5.2 climbing. We plan to simul-climb the whole route. We will use this route as a day to practice simul-climbing efficiency and route finding. We will aim to follow the beta picture as closely as possible.

Descent:

Two single rope rappels down the NE ridge, and then follow the 3rd class NW ramps back down to the col marked by cairns. We will bring additional webbing/cordelette and quick links for the rappels.

Rack:

70m rope, light rack



Day 13: August 19th - Rest Day

We'll take a rest day to prep for another long, yet easier route the next day.

Day 14: August 20th - East Ridge (IV, 5.6, 1000ft), Wolf's Head

We think that this long and incredibly unique 5.6 up the knife-blade East Ridge of Wolf's Head will be an excellent way to finish up a great two-weeks in the Wind's, and our first real introduction to Alpine climbing!

Approach: This route goes up the knife blade east ridge of Wolfs Head. The easiest way to gain the ridge is to scramble 4th and 5th class up the gully in between Pingora and Tiger Tower. Summit Tiger Tower, then do two, 40ft raps on to the east ridge of Wolfs Head.

Route description/bail plan (from Summitpost):

Pitches 1 - 3: Climbing is probably in the 4th to low 5th class here and the goal is to reach the point on the ridge where the grade essentially flattens out. Start up the initial (and overhyped IMHO) "2 foot wide 5.6 friction slab with no pro".....it really is not that bad. The "slab" is very low angle, probably more like 5 feet wide, and offers comfortable amount of gear (and more realistically it's much easier than 5.6!). There are several comfortable belay "ledges" along the ridge, with the first being less than a 50m rope length above the start of the route. Above this first "ledge" terrain steepens for next 2 or so pitches but handholds and cracks abound.

Pitch 4: This is mostly a class 4 scramble (with low 5th moves) along the portion of the ridge where it flattens out after the initial climb out of the Wolfs Head-Tiger col. The goal of this (very roughly) pitch is to reach the east side of the First Tower (one of many gendarmes of the ridge). You'll know which one is the first tower (forget the little spires you'll pass off to your sides - they're not it) as it looks like it blocks further progress. Right before the tower, you'll downclimb south (left). Belay somewhere before this tower or rope drag will eat you up.

Pitch 5: 5.6. This is the first true 5.6 pitch - even that, we're only talking about one move. This is also (more or less) where we switched from simul-climbing and into belaying individual pitches. Downclimb (I've read somewhere on the web that some rap this section??) about 20 feet of class 3-4 terrain on the south (left) side of the ridge. You're now at the east edge of First Tower on its south side. Step across (awkward but short and well-protected) hugging a boulder. Traverse along south side of tower and enter a narrow (and I mean very narrow!!) slot that separates First and Second Towers. Move via slot to north side. My fat behind refused to fit through until I removed a camelbak from my back. It's slightly wider higher up but kind of spooky. Exist onto ledge on north side and belay (rope drag might be bad at this point). This is a wide ledge at the north base of Second Tower (can see two good pitons further on the ledge).

Pitch 6: The "piton pitch"! This is the second honest 5.6 pitch of the route. Continue traversing westward along the northern base of Second Tower. The ledge becomes progressively narrower and eventually ends. Keep on traversing moving onto a face (friction and some features) beyond ledge. Clip 3 or 4 good-looking pitons along this traverse. Beyond the pitons, move up and regain ridge crest via a 5.6 lieback up a crack. Belay on ridge crest.

Pitch 7: This pitch presents the third true 5.6 section of the route. The last pitch should have deposited you at the eastern base of the Third Tower. This one is characterized by two parallel horizontal cracks on its north (right) side. Move up to gain the lower of the two cracks - use it for feet or hands whatever your perversion but do protect it sufficiently depending on your second's confidence level. Traverse the cracks westward with the crux being the exit move at the end. Beyond move over easy terrain (first on north or right side) and regain the ridge crest. Your goal here is to reach the eastern base of the Fourth Tower. Specifically, you'll downclimb into a cave-like hole (on south or left side of ridge crest) formed by the tower and a flake/boulder on its SE side). Belay here.

Pitch 8: The fourth 5.6 crux of the route. From "cave", exit south (left) and begin a 20 foot traverse on south side of Fourth Tower. Looks harder than it is once you get on it. Protect it well for your second. You can tie off a large horn at the end of the traverse for your follower's benefit. Here you have some options

for remainder of the pitch. The goal is a nice ledge formed by a huge chockstone about 20 feet ahead and 20 feet above you. You can either face traverse straight toward the corner/chimney (looks like no pro) then climb the chimney up to finish the pitch....OR....Climb down about 20 feet (low 5th class) to reach a ledge, then traverse over the to start of the chimney and climb it from the bottom. If you choose to downclimb, protect it well for the second as they will be doing it w/o the toprope.

Pitches 9 - 10: 4th to low 5th class climbing. Start by traversing over easy terrain on north side (right) of ridge crest. Gain ridge crest where convenient. End last pitch on summit block.

Descent (Mountain Project Beta):

There are many ways to descend, the goal is to rap to the west until you can hike south to the gully in between Wolfs Head and Overhanging tower. All the raps can be done with one 60m.

All stations contain at least 3 slings. If your rapping off something with less, you may be off route.

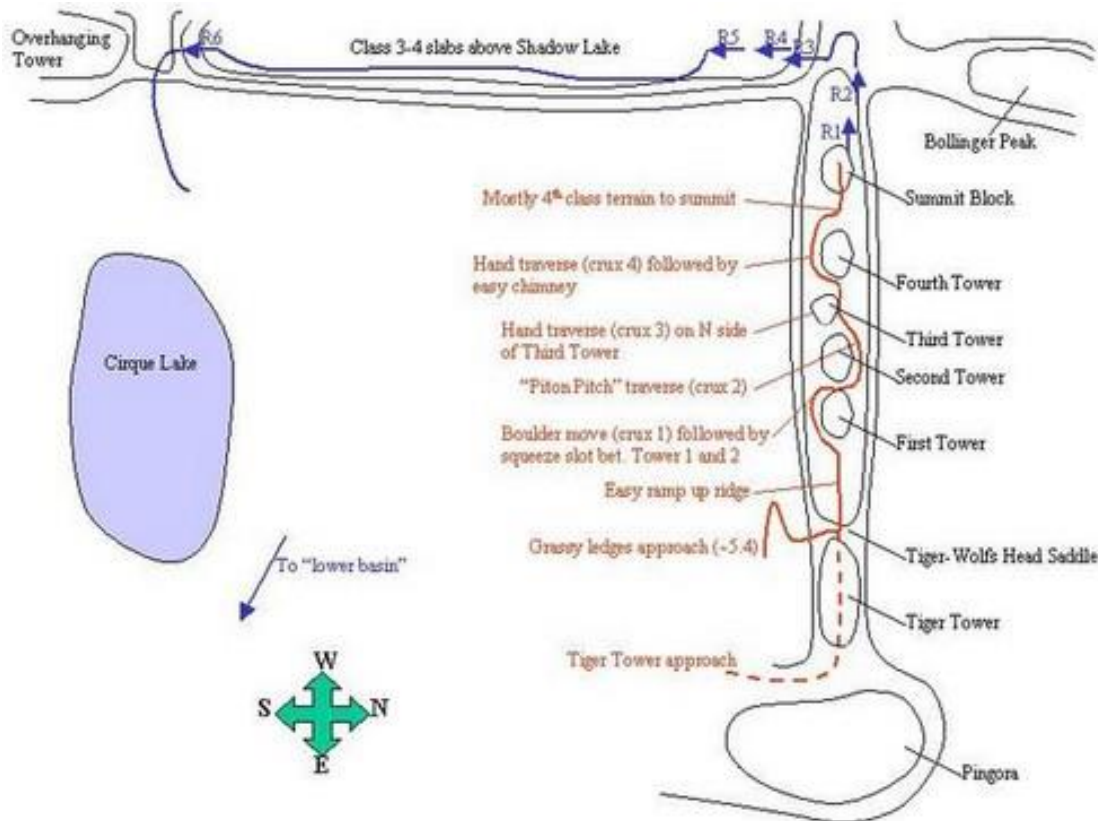
- 1.) Find the slings on the West side of the summit, rap down 80ft to a ledge.
- 2.) Walk 10ft to the west to find another group of slings in a boulder alcove. Rap 70ft to a ledge.
- 3.) Walk to the south west along a climbers trail to locate the next set of slings on your right. Rap another 90ft to a ledge.
- 4.) Carefully scramble down the trail to the next set of slings. Rap another 95ft to a ledge.
- 5.) If my count is right, here you will walk along a trail for about 400yds to the south toward Overhanging tower. Do another 90ft rap to the saddle in between Wolfs head and Overhanging tower.
- 6.) Follow the cairns for a while still heading south. Eventually this takes you to a station that will allow you to rap into the gully formed by the saddle. It looks like it should be a double rope rap, but one 60m will be fine. After rapping scramble up the gully to the east bringing you back into the cirque lake basin.

There are many options, and this may sound confusing, but the trails are well worn and marked with cairns, and all the stations were very easy to find.

Rack: 70m rope, set of nuts, rack .4-3, doubles .5-2



Beautiful view up the knife-blade East-Ridge of Wolf's Head

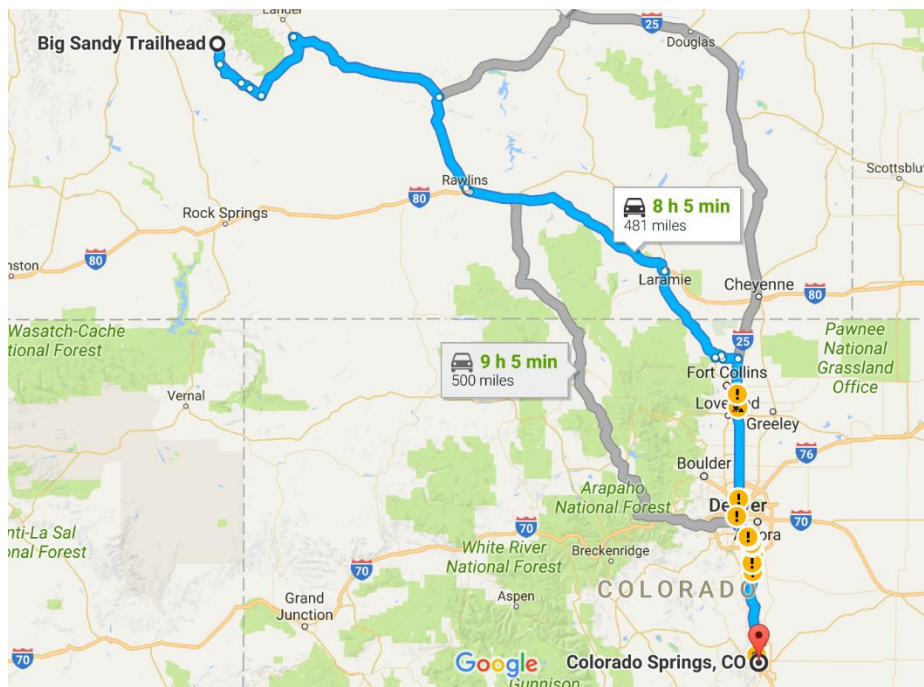


Day 15: August 21st - Hike back out to Big Sandy Trailhead

We will pack up all of our gear and equipment, clean up camp and hike out via Big Sandy Trailhead. Since day 13 will be a big day, we plan to camp at the Big Sandy Campground to rest and prepare for the drive the next day.

Day 16: August 22nd - Drive back to Colorado

We will return, not to Squamish, but to Colorado Springs.



Appendix B- Equipment List

Backpacking gear (individual):

Packs

- 1 60-65L internal frame pack
- 1 trash bag for waterproofing

Sleeping Gear

- 1 sleeping pad (+repair kit)
- 1 sleeping bag (0-15°F)
- 1 compression stuff sack for sleeping bag

Underwear

- 4 pairs wool hiking socks
- 2 sports bras (Lani)
- 3 pairs synthetic underwear

Upper layers

- 1 down jacket
- 1 rain jacket
- 1 lightweight fleece
- 1 long-sleeve baselayer/thermal
- 2 synthetic t-shirts/tops

Bottom layers

- 1 pair long underwear
- 1 pair climbing/hiking pants
- 1 pair fleece/thermal pants
- 1 pair rain pants
- 1 pair shorts

Footwear

- 1 pair approach shoes
- 1 pair camp shoes (closed-toe)

Miscellaneous Clothing

- 1 warm hat
- 1 sun hat
- 1 pair lightweight gloves

Other misc. items

- Toothbrush/toothpaste
- 1 headlamp w/ extra batteries
- 1 watch w/ alarm
- 1 pair sunglasses with croakies/chums
- 3 1L water bottles or equivalent
- 1 insulated mug
- 1 camping bowl and spoon/spork

1 compass
1 whistle
1 bandana
1 mosquito head net
Contacts, solution and glasses (Lani)

Group gear:

1 2-person tent (body, rain fly, stakes, repair kit)
1 MSR Pocket Rocket stove
2 large MSR isopro fuel canisters
1 lighter
1 pot with lid
1 pocketknife or Leatherman
Cooking utensils
Water purification (2 bottles of iodine, 2 Aquamira sets)
2 bear canisters
6 odor proof sacs
Duct tape
Garbage bags/Ziploc baggies
Bug spray
Sunscreen
Hand sanitizer
1 can bear spray
1 trowel
Wag bags
Extra batteries
1 SPOT device
Guidebook/map/topos

Climbing gear (individual):

1 harness
1 helmet
1 pair climbing shoes
1 chalk bag
1 ATC guide with 2 locking carabiners (1 HMS)
1 PAS
1 ~20ft 6mm cordelette
1 roll athletic tape
Rescue kit: 1 locking carabiner, knife, prussic, double length sling)

Climbing gear (group):

2 70m climbing ropes
Singles BD Camalot C4 .3-4, doubles .5-3
1 set of BD stoppers #4-13
1 set of CAMP tricams .125-2
1 nut tool

- 8 locking carabiners
- 4 non-locking carabiners
- 4 quickdraws
- 10 alpine draws (2 non-lockers, single-length sling)
- 2 double length slings
- 4 rappel rings/quick links
- 40 ft 6mm cord for bailing
- 1 ~18L compressible day pack

First Aid Kit:

General

- 3 pairs Nitrile gloves
- 1 WFR book
- 1 emergency blanket
- 1 trauma shears
- 1 tweezers
- 5 safety pins
- 1 12 cc irrigation syringe

Meds

- Ibuprofen 200mg (40 pills)
- Acetaminophen 500mg (30 pills)
- Antihistamine/Benadryl (30 pills)
- Antacid (20 pills)
- 1 tube antibiotic ointment
- 4 iodine tablets
- 3 ampules tincture of benzoin

Wound care/Bandaging

- 10 antiseptic towlettes
- 1 3" gauze roll
- 2 3x3 non-adherent dressings
- 4 3x3 sterile gauze pads
- 4 3x4 sterile gauze pads
- 3 sets steri-strips
- 2 ace elastic bandages
- 5 butterfly bandages
- 10 sterile q-tips
- 1 roll athletic tape
- 20 small band-aids
- 2 sheets moleskine

Appendix C- Food List

Item Name	Quantity (lb)	Price Per lb (\$)	Total Price
Breakfast			
Oatmeal	2	2.5	5
Granola	2.5	5	12.5
Protein Pancake Mix	2	4	8
Hash Browns	2	2	4
Smoked Salmon	12	2	24
Green Tea	2 boxes	3.00 / box	6
Lunch			
Cashews	1.5	8.5	12.75
Peanuts	1	3.2	3.2
Almonds	1	5	5
Chocolate chips	1	6.5	6.5
Dried mangoes	1.5	9	13.5
Beef jerky	1	15	15
Tortillas	24 tortillas		6
m&ms	1	4.2	4.2
Peanut Butter	2.5	4.2	10.5
Summer Sausage	2	9.5	19
Bars	15 bars		21
Dinner			
Lentils	1	2.1	2.1
Pasta	2	2.5	5

Quinoa	1.3	5	6.5
Dried Hummus	0.5	5	2.5
Tomato Powder	0.5	5	2.5
Tortillas	12 tortillas		3
Onions	1	1.3	1.3
Fresh Veggies of choice	5		15
Misc			
Cheddar Cheese	1	8	8
Butter	3.5	2	7
Energy blocks	14 packs		18
Total	About 55 lbs		\$247

453g/lb

Assuming 4 calories / gram on average there will be about a **3500 calorie / day allowance** for each trip member.

Appendix D- Budget

Category	Cost	Explanation
Food	\$247.00	See food list for cost breakdown
Gas	\$168.08	Honda CR-V 2008 gets on average 23MPG. Squamish → Winds: 1,164mi. Winds → Colorado Springs: 481mi. Total mileage: 1,645mi. Average price of fuel right now ~ \$2.35/gal. (1,165mi/23MPG)*\$2.35/gal = \$168.08
Gear/Rentals		
<i>SPOT device</i>	\$84/2 weeks	Can rent from lowergear.com for two weeks
<i>Fuel canisters</i>	\$9.95 x 2 = \$19.90	MSR isopro 16oz canisters for Pocket rocket stove
<i>Iodine tablets</i>	\$7/bottle x 5 = \$35	2 tablets per liter, 4 liters per day per person, 14 days = 224 tablets. This is 5 50-tablet bottles Iodine from REI at \$7.00 / bottle = \$35.00
<i>Bug spray</i>	\$6.95/4oz bottle x 2 = \$13.90	
<i>Sunscreen</i>	\$5.99/2oz bottle x 2 = \$11.98	
Permits/fees		
<i>Big Sandy Campsite</i>	\$8/night x 2 nights = \$16	
TOTAL	\$595.86	