

## Climbing Mt. Hood

Date: July 11<sup>th</sup>, 2009

Location: Mt. Hood, OR

**Essential Gear:** [Black Diamond crampons](#), [Julbo Dolgan glacier glasses](#), [First Ascent Rainier Storm Shell Jacket](#)

Our trip began in the parking lot of the Timberline Lodge at the base of Mt. Hood in the wee hours of the morning. After attempting to get some sleep in the back of the car, we woke up at 4 am to begin our ascent, wiping the sleep out of our eyes. The gear we wore from the beginning included helmets, headlamps, shell jackets, hiking pants, hiking boots, and base layers, but we carried a few more pieces of technical gear in our packs for the upper mountain. For a while we hiked up a ski hill, past caterpillars and chair lifts, quite a change from hiking in the untouched Rainier National Park. After a 1.75 hour stretch, we finally reached the limits of the ski resort and crossed onto the Palmer Glacier, strapping our Black Diamond crampons onto our hiking boots to prepare for the icier conditions. Once on the glacier, we were met with unbelievable wind, and I felt like I was pushed back one step for every three I took. During this part of the climb, shell jackets were essential to keep out the wind, so luckily I had brought my First Ascent Rainier Storm Shell Jacket. There was no pre-made route up the glacier, so we kicked in our own switchbacks up the icy snow, crossing at last onto a rocky cleaver. At this point the sun had begun to rise, so we put on our Julbo Dolgan glacier glasses, protecting our eyes both from the UV rays and from the gravel picked up by the wind. After climbing the cleaver, we crossed onto the White River Glacier and decided to rope up for the remainder of our climb, considering we would be passing crevasses and hiking on much steeper terrain. By this time, the smell of sulfur from was overwhelming, and as we climbed above Devil's Kitchen we saw

steam rising from the crater below us. From our viewpoint, the final stretch seemed daunting; a 60-70 degree snow face awaited us. However, after a quick snack break with some Peach O's, we scrambled up the remainder of the mountain to find a breathtaking view, summiting at approximately 10:30 am. We hung out at the top for a while, basking in the glory of our ascent, before beginning our climb down. The first bit was sketchy, so we decided to down-climb, which means facing into the snow and kicking in each step with crampons and ice axes. After we completed that first part, however, the rest of the descent was a breeze; we were even able to hitch a ride from the good people at Timberline Ski Resort for the last ¼ mile on the chairlift. Overall the trip was terrific, easy enough that we enjoyed the climb itself but were all both technically and physically challenged. For a completely successful summit of Mt Hood, however, an extra large bag of Sour Peach O's is a necessary component.



