



BEAR CREEK SPIRE, NORTHEAST RIDGE, CLASS 4

PROGRAM OVERVIEW

This pleasant route, first climbed by Norman Clyde in 1932, follows an interesting ridge that becomes steeper as you get higher, until it intersects the upper North Arête to the summit. One rappel is involved off the summit before the descent back to camp and the hike out Little lakes Valley. The first day involves the approach hike to high camp at Dade Lake and the second, the climb and the descent.

PERSONAL GEAR

Pack - Travel light enough to be able to use a 3000 - 3500 cubic inch, top loading, hip carrying, alpine climber's pack. No external frame packs.

Sleeping Bag - down or fiberfill, warm to 20° F, should weigh less than 2 1/2 lbs, use the smallest stuff sack possible

Foam Pad - 3/4 length light Thermarest® or closed cell foam, bulky pads not recommended

CLIMBING GEAR

Approach/Climbing Boots - light, above the ankle approach boots with sticky rubber usually work best.

Climbing Harness - adjustable sit harness. Your harness must fit correctly with any possible clothing combination. (Rentals available, reservations required)

Climbing Helmet - CE approved, bring your own or ASI will provide one (no reservations necessary).

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light capilene zip t-neck

Capilene briefs – 2 pr.

Light-weight capilene long johns

Outer layers:

Soft shell jacket (lightly insulated) or fleece pullover

Light soft shell mountain pants (AKA "guide pants" - synthetic stretch woven fabric)

Light puff layer (nylon with light synthetic insulation)

Rain layer – light waterproof/breathable jacket and pants

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Sun Hat - with visor or brim

Gloves - 1 light pair with leather or similar palm for rock contact

Bandana

MISCELLANEOUS

1-Liter Water container (can refill often on route)

Spoon - lexan plastic best

2-Cup Plastic Measuring Cup or Plastic Bowl and Cup

Water Purification – Iodine tablets or tincture of iodine in small plastic dropper bottle

Sunglasses with Retainer

Sunscreen – 30 SPF or greater recommended (dispense small amount into a small squeeze bottle)

Lip Balm - 30 SPF or greater recommended
Insect Repellent - maximum strength (for early season)
Small Personal First-Aid Kit - bandaids, moleskin, aspirin, first aid tape, antacid tablets
Toothbrush
Toothpaste - small tube
Toilet Paper in Zip-Lock Bag with Matches
Light Headlamp with Fresh Batteries and Spare Bulb
Butane Lighter
Small Pocket Knife
Map and Small Compass (optional)
Camera and Film (optional)

RENTALS

ITEM 1-3 DAYS

Pack (3500 cu. in.) \$15.00

Climbing Harness \$8.00

EQUIPMENT RENTAL FROM ASI

Special rental rates are available for pre-paid ASI participants only. Please refer to the equipment list and make the necessary reservations as soon as possible (availability of equipment is limited). Only pre-reserved rental equipment is brought to the trailhead. Make your reservations early.

ASI PROVIDES

Ropes and all other climbing gear, climbing helmets (if you don't own your own), first-aid, emergency, and repair kits, shelters, stoves, cook kits, and dinners.

FOOD

Variations in tastes makes it most practical for each participant to pack his or her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack 1 breakfast and 2 lunches. Here is a suggested sample we would carry for one day:

- Breakfast-instant, non-cooking
- Hot beverage-tea, coffee or cocoa
- 2 packets instant oatmeal or cream of wheat or granola
- 4 tablespoons whole or lowfat milk powder (instant)
- 1 tablespoon margarine (optional)

Lunch-high energy, snackable type

- 3 oz. protein source (cheese, dried meat or other)
 - 2-3 oz. crackers or light bread (bagels ok for the first days)
 - 3 oz. nuts or dried fruit (gorp)
 - 2 oz sweets (goo gels, chocolate, etc.)
- Energy bars may take the place of gorp or candy
- 1 drink mix for 2 days

WHAT TO EXPECT ON THIS CLIMB

The approach hike to high camp at Dade Lake usually takes about 5-6 hours from the trailhead at Little Lakes Valley. Previous acclimatization with one or two nights spent above 8,000' is helpful and recommended.

WHAT SKILLS YOU CAN EXPECT TO LEARN AND USE ON THIS CLIMB

- *Understanding climbing harness sizing and function
- *Tying into the end of the rope with a figure eight knot backed up with a double overhand. Ability to climb third-class and fourth-class terrain at altitudes above 13,000'.
- *Participation in a steep rappel from the summit block assisted by your mountain guide.
- *Understanding of appropriate clothing and light-weight bivouac camping systems, leaving unnecessary backpacking equipment behind

Have a great climb!

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