Boeing Employees Alpine Society
Basic Mountaineering Class (BMC) Fitness Evaluation

The "Fitness Evaluation" is exactly that: an evaluation, not a test or race. It is a timed event and it is expected that you will climb to the top as quickly as possible.
A Discover Pass is required for parking Purchase your Discover pass here

Purpose

The Fitness Evaluation is designed to help better balance the BMC teams with a range of fitness levels. This will help all students to receive a nearly identical mountaineering learning experience regardless of team. Additionally, it will give you an evaluation of your own fitness before the class starts, and an idea of the exertion expected on the class outings.

Description

The Mount Si trail is 4 miles each way with about 3,100 feet of elevation gain. We will hike to the standard trail end, based on weather and snow levels. We will not attempt to climb the rocks or the haystack on the top.
You will check in at the trailhead, again at the top of the trail, and check out when you return to the trailhead. You will be carrying a 20lb pack that will be weighed at the trailhead before you start the hike and again at the top of the hike. You can reduce your weight once you have weighed in at the top.
Note: Bring extra water bottles to bring your pack weight to 20lbs. Yes, you can drink this water while hiking.

Time / Schedule

Check in from 6:45AM to 8:00 AM depending on the time assigned to you. Finish time will depend on how long it takes you to complete the round trip.

Prerequisites

Hiking ability, with possible snow or icy travel on the trail

Gear

❏ Discover Pass for the parking lot
❏ backpack weighing in at 20 lbs
❏ extra filled water bottles for weight
❏ ten essentials, including:
❏ winter hiking/mountaineering boots (not required, but recommended)
❏ cold weather hiking clothes
❏ water and food
❏ headlamp, first aid kit
❏ gloves, fleece hat, extra layers
❏ trekking poles allowed (for this outing only)
❏ foot traction devices such as: Kahtoola MICROspikes

7 February 2020