



# *Boeing Employees Alpine Society*

## **Basic Mountaineering Class (BMC) Fitness Evaluation**

*The "Fitness Evaluation" is exactly that: an evaluation, not a race. It is a timed event and it is expected that you will climb to the top as quickly as possible. Student applicants taking substantially more than 2 hours to ascend will not be considered for acceptance into the course.*

**\*\*\*A Discover Pass is required for parking\*\*\* [Purchase your Discover pass here](#)**

### **Purpose**

The Fitness Evaluation is designed to ensure all students begin the course with adequate fitness to safely complete class climbs and to enable better balance of the BMC teams with a range of fitness levels. This will help all students 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. Over the years we have found this expected baseline fitness level correlates with around a 2 hour ascent time of Mt Si while carrying a heavy pack.

### **Description**

The Mount Si trail is approximately 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, and again at the top of the trail. 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 (by dumping out your excess water).

*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 7:45AM to 9:30 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 (some listed below)
- winter hiking boots
- 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 (for this outing only)

