

PREREQUISITES

FOR INTERNATIONAL EXPEDITIONS

In order for all students to start and stay on the same page, it is imperative that all students on international expeditions through SIET come to the course ready to receive a brush up on fundamental skills such as those listed below and ready to focus on more intermediate and advanced skills such as those listed under the title, 'Detailed Course Curriculum for International Expeditions' on the 'Programs' page of this website.

CAMPING SKILLS:

- can efficiently pack a well balanced, compact backpack suitable for mountain travel.
- can cook basic, nutritious meals on a camp stove.
- can efficiently pitch multiple styles of tents so they are storm proof.
- can consistently demonstrate good self care (hydrate, take care of blisters or other minor medical issues) in order to stay healthy while traveling in remote areas.
- can adequately dress for the field and for temperatures down to 10° F.
- understand basic water purification, field hygiene and sanitization techniques.

TECHNICAL MOUNTAIN SKILLS:

- can efficiently tie basic knots such as the figure eight follow through, figure eight on a bight and the water knot (a.k.a. the ring bend or over hand bend).
- can efficiently coil a climbing rope.
- feel comfortable traveling on snow up to 40°.

MINIMUM PHYSICAL FITNESS REQUIREMENTS

- can run 10 minute miles for 3 consecutive miles.
- can carry a 65 lb backpack in the mountains for 5-6 hours with 10 minute breaks every hour.

You must be 18 years of age or older to join any international expedition.

If you are unsure whether or not you meet some of the prerequisites listed above, please contact us. In some cases, we can make exceptions. For example, if you are not sure that you meet the running standard but you have climbed Mount Rainer in 5 hours from Camp Muir, we can make an exception. If you're not sure about the 40° snow standard but you comfortably ski double black diamonds, we can make an exception.