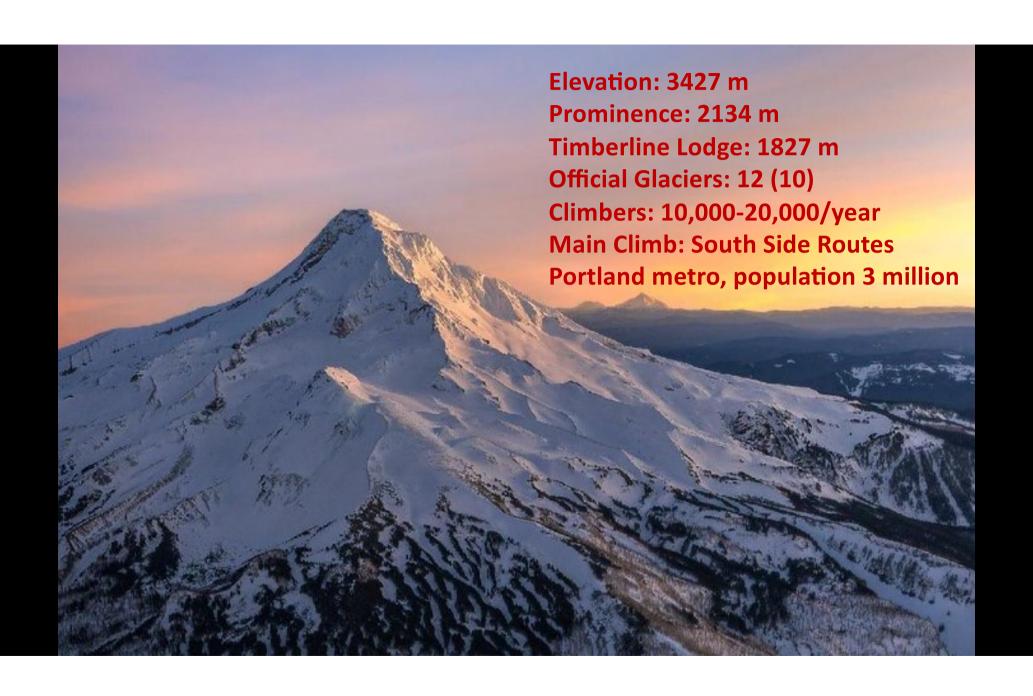
# The Mount Hood Problem

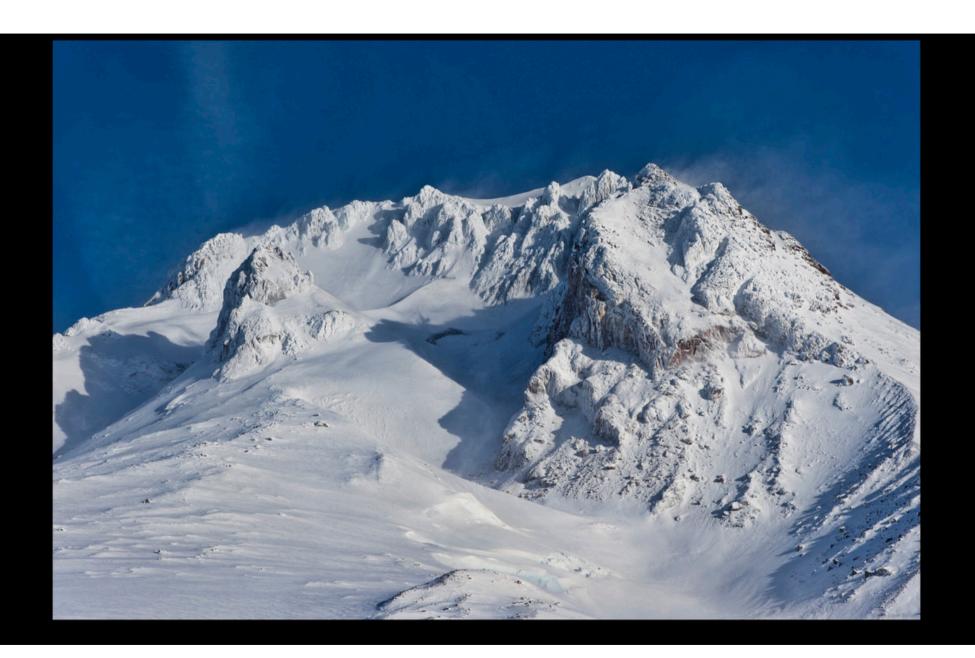
ICAR 2022 Christopher Van Tilburg MD



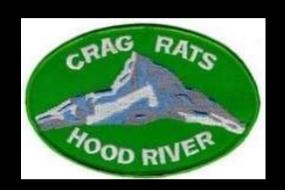












Portland Mountain Rescue

Portland, Oregon, USA

Population: 3 million

Established: 1950

Rescuers: 50

Missions: 15/year

**Hood River Crag Rats** 

Hood River, Oregon, USA

Population: 25,000

Established: 1926

Rescuers: 35

Missions: 50/year

What is Happening on Mount Hood?

## Natural hazards

Crevasses
Bergschrunds
Fumaroles
Glide Cracks





**Avalanches** 

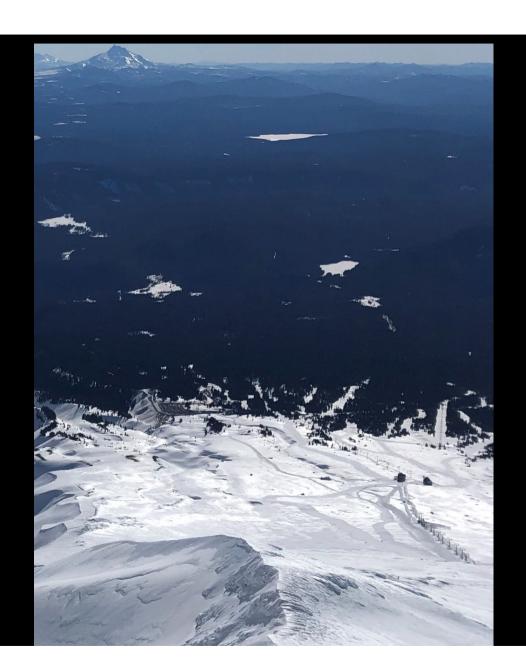
Rain Runnels

### Lenticular Clouds





Mount Hood Triangle



Human Hazards

Crowds



Improper equipment Light Less-durable Equipment

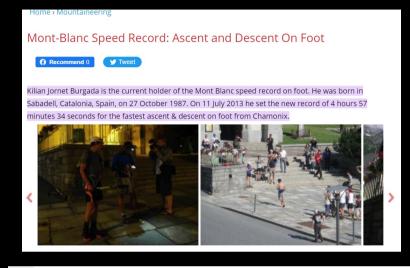


FKT: Fastest Known Time

# Skier Sets New FKT For 5,380-Foot Mount Hood, OR, Ascent and 7-Mile Round Trip

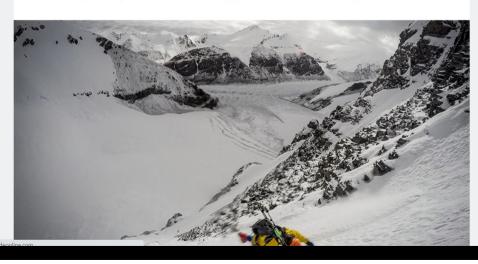
SnowBrains | April 26, 2022





#### Kilian Jornet Summits Everest in **Fastest Known Time**

The 29-year-old Spaniard continues breaking speed records on the world's highest mountains



#### Ueli Steck beats Kilian Jornet's Mont Blanc record

New speed ascent record from the Italian side of Mont Blanc

Featured in: News & Reviews · Ellie Mahoney, Chamonix Editor | Published 23 August 2016

About On 18th August, Swiss speed climbing

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NEWS / SPORTS NEWS / OTHERS NEWS / Kilian Jornet Sets Record To Win Fourth Mont Blanc U...

#### Kilian Jornet sets record to win fourth Mont Blanc ultramarathon

Reuters / Aug 27, 2022, 19:51 IST









#### ARTICLES

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Teenaged judoka Linthoi Chanambam scripts history;...



Kilian Jornet (AFP photo)

Spain's Kilian Jornet won the Ultra-Trail du Mont-Bland

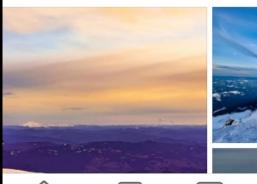
## Social Media



#### Pacific Northwest Mountaineers

Trent Hari · Apr 30, 2021 · 🖪

Climbed Mount Hood yesterday, PG left up and old chute down. It was my first climb in running shoes and microspikes, the snow was in pretty good shape so it worked surprisingly well, all things considered. The falling ice in the crater w... See More















## Stress Continuum Model

**Rescuer Stress** 

| Streason |  |   |  |   |
|----------|--|---|--|---|
|          | READY  | REACTING  | INJURED  | ILL   |
|          | <ul> <li>Effective communication</li> <li>Socially, spiritually active</li> <li>Calm and confident</li> <li>Strong, cohesive units and families</li> <li>Emotionally and physically healthy</li> </ul> | <ul> <li>Changes from normal behaviors</li> <li>Poor focus, loss of interest</li> <li>Irritable and pessimistic</li> <li>Temporary and mild distress</li> </ul> | <ul> <li>Unresolved loss, trauma, wear and tear, inner conflict</li> <li>Social isolation</li> <li>Sleeplessness and self medicating</li> <li>More severe and lasting effects</li> </ul> | <ul> <li>Constant and disabling distress</li> <li>Depression, severe anxiety</li> <li>Symptoms get worse or get better then worse again</li> <li>Relationships and work suffer</li> </ul> |
|          | TO STAY<br>MISSION READY   | TO RECOVER AND BUILD RESILIENCE   | TO BEGIN HEALING   | TO GET HELP   |
|          | Keep fit,<br>eat right, relax  | Get adequate sleep,<br>talk to someone<br>you trust   | Talk to a chaplain,<br>counselor, or<br>medical provider   | Seek medical treatment  |
|          | Unit Leader<br>Responsibility  | Individual, Shipmate, Family<br>Responsibility  |  | Caregiver<br>Responsibility   |

## Solutions

## Social Media



#portlandmountainrescue



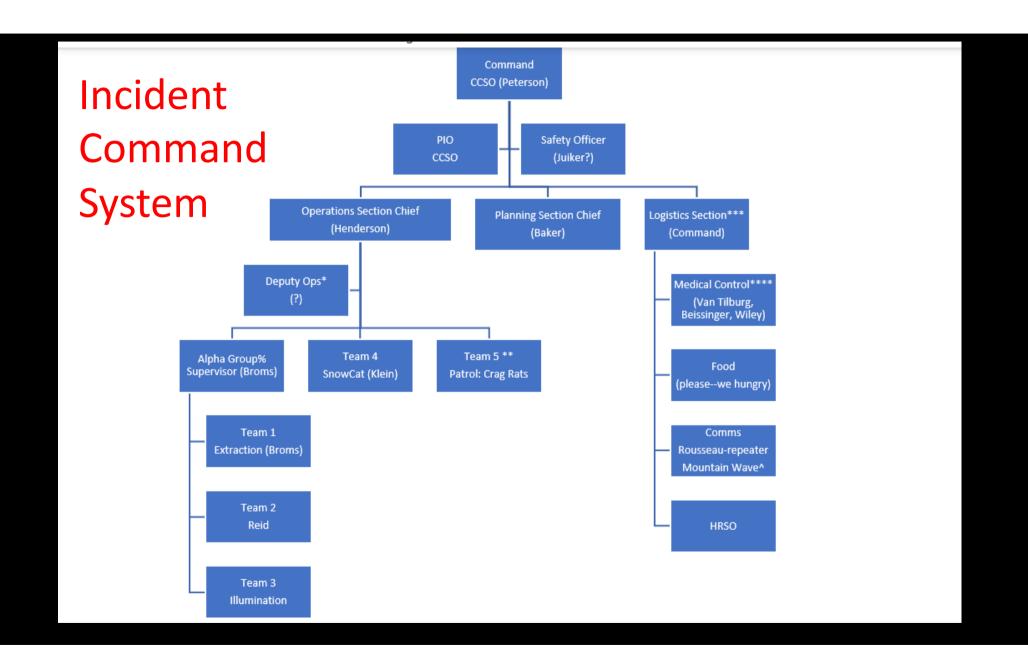
@portlandmountainrescue







www.pmru.org



# Medical Training



# Rescue Training



## **Patrol**



# Recruiting



### **Fee Permits**

#### **2022 GUIDED ADVENTURES**

#### **CLIMBING INFORMATION** ▼

Preparing for Your Climb

Climbing Permits

Permit and Climbing FAQs
Current Conditions
Route Descriptions
Training
Packing List

**EVENTS >** 

#### **CLIMBING PERMITS**

**Want to climb with us?** the Mount St. Helens Institute offers a <u>limited number of guided climbs</u> to the summit of Mount St. Helens each year. You can learn more and sign up by visiting this page.

At 8,328 feet high (as measured by USGS in 2009), Mount St. Helens offers climbers a breathtaking view from the crater rim. Although it is not a technical climb, it is strenuous and hazardous due to ice, large boulders, loose pumice, fast-changing weather and volcanism. Climbers should be in very good physical condition, well equipped, informed about volcanic hazards, and have plenty of water and food.

The Mount St. Helens Institute has partnered with the Mount St. Helens National Volcanic Monument to help protect the volcano's fragile features and to ensure climbers have a safe, low-impact experience on the volcano.

# The Mount Hood Problem

ICAR 2022

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