

# Climb a Mountain – Sober!



## OSAT 2018 Glacier Climbing Course

### Who can participate?

The GCC is for members of twelve-step recovery programs, and their families and friends.  
To enroll in the course, you must be an OSAT member (\$12 individual, \$18 family) and at least 18 years of age.  
For more information on how to become an OSAT member, please visit [www.osat.org/join](http://www.osat.org/join)

### What skills will be taught?

During the six-month course, students learn about equipment selection and usage, group safety, snow camping, wilderness navigation, ice axe use, roped travel, and crevasse rescue.

### What is required?

The course requires participants to undertake a serious conditioning and training regimen.  
This will prepare you to safely climb mountains such as Mt. Baker and Mt. Rainier.  
Seminars, field trips and conditioners require 100% attendance in order to be eligible for graduation.

Signups start on December 1<sup>st</sup> 2017 at 12:01AM online at [www.osat.org/GCC](http://www.osat.org/GCC)  
Course fee of \$140 is non-refundable after the first seminar.  
Course will begin February 2018. Final course dates and times TBD.