

# MT. RAINIER

## IMG MOUNTAIN SCHOOL

WASHINGTON | 3 Day | 14,410'



IMG climbers practicing crevasse rescue (Stu Johnson)

### LEARN TO CLIMB WITH IMG

Mount Rainier is a classic training ground for both novice and expert climbers alike. Its easy access to glaciers and crevasses make it an efficient place to practice crevasse rescue and other glacier travel skills.

This program gives novice climbers the opportunity to learn necessary skills to climb in glaciated terrain. Skills include: ice axe self-arrest, cramponing, rope travel, snow anchor building, rope ascension, and crevasse rescue. With these skills, climbers should be a confident and capable rope team member when climbing in glaciated terrain.

### PREREQUISITES

This program is great for novice climbers looking to take their first step into mountaineering and for experienced climbers looking to further their skills. While this program is suited for novice climbers, all participants must be in good physical condition. To reach the training areas, the team will have to ascend some distance on hilly terrain.

### 2023 PROGRAM DATES:

[Available Dates](#)

### ADDITIONAL TRAINING CONSIDERATIONS:

[6.5-Day Glacier Skills Seminar](#)

[7-Day Baker Rainier Seminar](#)

### LAND COST

IMG Mountain School \$895

### QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ's](#)

### CONTACT US

Let's talk!

(360) 569-2609

[office@MountainGuides.com](mailto:office@MountainGuides.com)

### REGISTER

Ready to sign up?

[Click here](#) to get started.

### FEE SCHEDULE

Non-refundable \$500 registration fee is due at registration and applies to program fees. Final balance of all fees are due 120 days prior to trip departure.

## ADDITIONAL TRAINING CONSIDERATIONS

For those that want to add a Mount Rainier summit attempt to their training, IMG offers a 6.5-day climb of the Disappointment Cleaver with our [Glacier Skills Seminar](#). This program starts with three days on the Paradise glacier completing skills modules. These modules include: ice axe self-arrest, cramponing, rope travel, belaying and repelling, snow anchor building, and crevasse self-rescue/team rescue. After three days of in-depth training, the team will move to Camp Muir and is able to use their skills with a climb of Mount Rainier via the standard DC route.

For those looking to extend their stay in the mountains and gain some extra climbing experience, consider our [Baker Rainier Seminar](#) which combines 2 iconic Washington volcano climbs, Mt Baker and Mt Rainier. This program includes in-depth training, more time for acclimatization, and the opportunity to “warm-up” on the lower Mt Baker before tackling Mt Rainier.

## THE ITINERARY

The trip will start on Day 1 at 8 am at IMG HQ in Ashford, WA.

Day	Mt. Rainier IMG Mountain School Itinerary
Day 1	The team will meet at 8 am on <b>Day 1</b> at IMG HQ in Ashford, WA. After a brief pre-trip orientation, the team will do a gear check and take care of any rentals needed for the day. The team will then depart to Paradise and start the ascent to their training location for the day. The team will go through cramponing techniques, ice axe self-arrest, and rope management lessons. The team will return to IMG HQ with an expected return time of 5 pm.
Day 2	<b>Day 2</b> of the course will be at IMG HQ in Ashford. Guides will take climbers through a review of different self-rescue equipment, a knot-tying lesson, and an intro into rescue techniques. This review will consider the uses of different materials and gear and the appropriate knots for specific situations during rescue scenarios. After learning the basics of gear, the team will move into a lesson on self-rescue and rope ascension. Climbers will be able to practice vertical self-rescue on a rigged system at IMG HQ. Finally, the team will review building anchors and move into team rescue haul systems before concluding the day around 5 pm.
Day 3	On <b>Day 3</b> , the team will be back in the field at Paradise. They will travel together to a suitable training area given weather conditions. The focus of the day's training will be team rescue systems. Climbers will practice catching a crevasse fall, building a snow anchor, and creating their haul system. After a full-day of technical training, the team will return to Ashford at around 5 pm for a team wrap-up.

## TRIP INCLUSIONS & EXCLUSIONS

Here is what is included and not included in your land cost fee.

### Included

- IMG guides
- All training curriculum and instruction
- Group equipment including tents, stoves, climbing ropes and hardware
- Transportation to and from Paradise

### Not Included

- Lodging during the course
- Meals or snack foods during the program
- Personal clothing and climbing equipment found on the [gear list](#)

## TRAVEL INSURANCE

[Travel Insurance](#) is strongly recommended (at a minimum evacuation and medical expense coverage). Trip Cancellation and interruption coverage is strongly suggested due to our no-refund policy.



Sunset at Camp Muir (Porter McMichael)

## LODGING

You are responsible for your own lodging each night of the trip. There are several small motels in the town of Ashford, and more in the town of Eatonville just half an hour west of Ashford. Hotel options in Ashford include Nisqually Lodge just a 1-minute drive from IMG HQ, Copper Creek Inn, Alexander's Lodge, and Gateway Inn. There are many Airbnbs and VRBOs in Ashford close to HQ as well. If you are making a special trip out of your climb, the Paradise Inn is a nice and historical option for lodging.

There are raised tent platforms with cots and thick sleeping pads for rent at IMG HQ. This is a great option for those who want to stay close to HQ. We have showers, Wi-Fi, and power outlets for guests to use. Single tent price: \$40, shared tent price: \$25

The group will hope to be down by 5 pm on the last day. It is a long drive back to Seattle if you are flying out that way. The team enjoys getting together for dinner and final good-byes in Ashford at the end of the course. If you are spending the night in Ashford, don't forget to make a reservation for the last night of the program as well.

## LET'S TALK!

Questions about the trip? Ready to sign up? **We'd love to talk to you – please [email](#) or call at (360) 569-2609**

*International Mountain Guides, LLC is an authorized mountaineering guide service operating in partnership under a concession with Mt Rainier National Park.*



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