

Mt. Rainier: Advanced Mountaineering Day School

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The Advanced Mountaineering Day School (AMDS) is an introductory follow up climbing course that teaches additional (and more technical) skills essential for climbing Mt. Rainier and other alpine climbs. The primary focus is preparing climbers for harder glacier/alpine routes like the Kautz Glacier and Liberty Ridge as a participant on a guided climb. It is not sufficient training to allow you to climb on your own. The AMDS is a full day of learning and practicing climbing techniques which include ascending and descending steeper glacier snow and ice of up to 40-50 degrees in angle; following on multi-pitch belayed climbs; anchor construction; anchor management; rappelling, lowering down steep pitches in descent and use of technical ice tools. The school normally takes place on the lower Nisqually Glacier, an hour and a half hike from Paradise. We'll spend all day becoming familiar with these advanced techniques. It is highly recommended that participants combine this day of training with the Mountaineering Day School (MDS) as the AMDS builds on skills taught during the MDS.

Why Choose This Program?

The Advanced Mountaineering Day School takes students beyond the basic glacier skills set to travel on steeper glacier snow and ice. This course was specifically designed with the Kautz Glacier route in mind, but it is a good review for those planning to climb on their own or who feel the need for additional advanced training. The AMDS is a hands on course which allows a substantial amount of time to practice skills before getting on a climb of Rainier or other glaciated peaks. It also serves as an excellent review for those with past climbing experience who have not worked on their skills lately.

Dates: June - September. (Please see the IMG website for [specific, available dates.](#))

Landcost: \$187

Client to Guide Ratio: 5:1

Trip Length: 1 day

Itinerary

We begin the day at 8:00 a.m. sharp with a meeting and introductions at our Ashford location. Any rental needs are taken care of at this time. Once preparations are complete we are shuttled up to Paradise where we begin our hike to the training location. This hike usually takes about an hour and a half to reach the lower Nisqually Glacier. Once at the edge of the glacier, we will rope up and continue to a training site in the center of the glacier. The group will work on "French technique" (flat footed) cramponing skills, belayed climbing and use of ice tools on steeper terrain. We take a short break for lunch during which we discuss anchors, belays and other rope management skills. After lunch we complete our training with practice setting anchor systems, rappelling, lowering from fixed anchors and descending steeper terrain. At end of day we climb back up off the glacier and then continue down to Paradise for the shuttle back to Ashford. Normal return time is 6:00 p.m.

Mt. Rainier Mountaineering Day School Required Personal Equipment List

International Mountain Guides will supply the necessary group climbing equipment including ropes for the school. You will need to supply your own personal climbing equipment including clothing, double-plastic or insulated climbing boots, ice axe, crampons, food and water. This Personal Equipment List is for your guidance. Please consider each item carefully and be sure you understand its function. Consult with us before you make any substitutions. Several of the more specialized items (i.e. plastic double-boots, crampons, ice axe) can be rented from us at the IMG base in Ashford. Please consult our Rental Information.

- *Internal frame pack adequate in size to carry lunch, water, clothing, crampons and ice axe
- *Ice axe 60-65 cm. (A more technical ice axe is available for rent at IMG – the Petzl Sum'tek)
- *Helmet
- *Harness with locking carabiner
- *12-point crampons, adjusted to your boots
- 1 wool or fleece hat
- 1 sun hat (ball cap and/or bandanna)
- 1 pair light gloves (not fingerless) and 1 pr. thick insulated gloves (like ski gloves)
- 1 light or mid-weight synthetic underwear top and bottoms
- 1 expedition-weight or light fleece top
- *1 Soft shell jacket (fleece jacket is acceptable)
- *Gore-Tex (or equivalent) shell jacket with hood
- 1 pair soft-shell pants (i.e. Outdoor Research Exos Pant)
- *Gore-tex (or equivalent) shell pants, preferably with full side zips
- *Plastic double-boots or insulated single climbing boots
- Gaiters (make sure they are large enough to cover the plastic double-boots)
- 1 complete set, synthetic or wool socks
- Personal medical kit: keep it light but include at least: Band-Aids, moleskin, aspirin/ibuprofen, small roll of adhesive tape and personal medications.
- *1 pair glacier glasses with side shields
- Sunscreen and lip screen, high spf rating
- Small supply of toilet paper (in Ziploc bag)
- 2 one liter water bottles
- 1 large garbage bag to protect gear from rain
- Trail lunch and personal snacks; bring plenty of snack food for a vigorous day: various types of energy bars, candy, dried fruit, nuts, drink mix (if desired).

IMPORTANT EQUIPMENT NOTES

- * item is available for rent at IMG HQ.
- You must have proper equipment and sufficient warm clothes for the program.
- Please do not hesitate to contact us if you require assistance with your gear selection.

“Thanks again for the Emmons Glacier climb, it was unbelievable. I'm still walking around on cloud nine and planning my next climb...”

—Bob G.

For more comments from IMG climbers, please see our website at:
www.mountainguides.com/comments.shtml