

## Mt. Rainier: Mountaineering Day School

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The Mountaineering Day School (MDS) is an introductory climbing course that teaches skills essential for climbing Mt. Rainier and other alpine climbs. It is designed to prepare participants to climb Mt. Rainier under the direction of International Mountain Guides' professional guide staff. It is not sufficient training to allow you to climb on your own. The MDS is a full day of learning and practicing snow climbing techniques which include ascending and descending steep snow slopes, cramponing, ice axe use, self and team arrest, and roped glacier travel. The school takes place on a snow field generally within an hour's hike from Paradise. We'll spend all day becoming familiar with snow climbing and glacier travel techniques, but will not cover crevasse rescue or other rescue techniques essential for proper team glacier travel. For this reason, we recommend the MDS be taken in conjunction with the 2-day Crevasse Rescue School, a good primer in anchors and crevasse rescue systems. The Advanced Mountaineering Day School is another excellent option, continuing on with more advanced skills the MDS does not address.

### Why Choose This Program?

The Mountaineering Day School teaches the essentials of roped team glacier travel. This course is included in the content of most of IMG's climbs on Mt. Rainier, but it is a good review for those planning to climb on their own or who feel the need for an additional refresher. The MDS 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:** May - August (Please see the IMG website for [specific, available dates.](#))

Private schools available on request, minimum 4 participants.

**Landcost:** \$219 • **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 Ashford Headquarters. 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. Once at the training site, we begin learning general mountaineering techniques including kicking steps up steep snow slopes, descending with the plunge step, cramponing, ice axe techniques, self and team arrest and roped glacier travel. We take a short break for lunch during which we discuss gear and strategies for a successful climb of Rainier or other glaciated peak. After lunch we complete our training by putting together all that we have learned during the day combined with roped glacier travel practice. At end of day we hike down to Paradise for the shuttle back to Ashford. Normal return time is 5:00 p.m.

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*"The experience was everything I was hoping it would be. The guides were knowledgeable and helpful without being patronizing. They pretty much kept to the schedule without being over-bearing. I would absolutely travel with you again and have already recommended you to a number of my friends. Thanks for a fantastic experience!"*

—Becky J.

## 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 65 - 70 cm.
- \*Helmet
- \*Harness
- \*10 or 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 or wool 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  $\frac{3}{4}$  or 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, wool or synthetic/wool blend 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 or dark wraparound sunglasses
- 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.

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*“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](http://www.mountainguides.com/comments.shtml)

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