

## Mt. Rainier: AIARE Avalanche Rescue Course

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There are few things like experiencing the mountains during the winter. The beauty, the majesty, the solitude, the vastness. To safely experience the mountains during the winter we need specific skills. Whether we are backcountry skiing/snowboarding, snowshoeing, or climbing our ability to assess avalanche hazard and travel in avalanche terrain is paramount to our safety and success in reaching our objectives. Join IMG's team of certified avalanche educators who work as avalanche professionals throughout the United States to learn and hone your avalanche skills.

IMG is proud to present avalanche education curriculum from the American Institute of Avalanche Research and Education (AIARE). This curriculum meets and exceeds all guidelines put forth by the American Avalanche Association's Education Committee for an Avalanche Rescue Course.

Course Content: During this 8-hour course, we will focus on developing the skills needed to be an effective rescuer in the event of an avalanche burial. This course is designed to be taken independently from an AIARE Avalanche Level 1 Course and is recommended to be taken annually as a refresher of avalanche rescue skills. Whether you are new to exploring the mountains during the winter or want to freshen up on your avalanche rescue skills, you'll find topics covered in this course tailored to the backcountry recreationist.

### Topics include:

- Personal Protective Equipment and Rescue Gear
- Departure Check
- Single Victim Rescue Topics
- Multiple Victim Rescue Topics
- Team Rescue Considerations
- Avalanche Related Trauma and Evacuation Considerations

### Learning Objectives - by the end of the course you will be able to:

- Demonstrate effective companion rescue
- Lead a departure check
- Have increased familiarity with your personal rescue gear
- Be qualified (in conjunction with AIARE Rec 1) to participate in AIARE Rec 2 or AIARE Pro 1

**Perfect Venues:** We all know that learning about Avalanche Rescue needs to take place in the mountains. IMG wants to maximize our learning time in the field. We'll begin each day in the warmth of IMG's headquarters in Ashford, WA or at the Crystal Mountain ski resort base area, then travel together up to Paradise Park on the south side of Mt Rainier or into the Crystal Mountain Backcountry for our field sessions. Transportation from IMG headquarters to Paradise is included for our Ashford based programs.

NOTE: Specific meetup locations and times will be disseminated in pre-course contact.

**Lowest Student to Instructor Ratio:** IMG has always focused on providing the best experience and learning environment for its students. Our avalanche courses will be taught at a 1:5 Instructor to Student ratio. Such a low ratio allows more instructor-student interaction, allows more opportunities for students to lead group environment, and allows a more tailored educational experience.

**Dates:** December - March (Please see the IMG website for [specific, available dates.](#))

**Landcost:** \$250

Student to Guide Ratio: 5 to 1

Trip Length: 1 field day

**Cost Includes**

All training, curriculum and instruction

AIARE Course Materials

Transportation from IMG headquarters to/from Paradise for our Ashford based programs.

National Park entrance fee

**Cost Does Not Include:**

Personal gear (see equipment list for full details)

Lodging

Food

**Private Courses available upon request:** Have a group of friends or co-workers who want to take an ARC together? IMG is happy to work with you to develop a private ARC course. Contact our office for details. Minimum 4 people.

## Avalanche Rescue Course Itinerary

**8 AM:** Meet in Ashford at IMG Headquarters/Crystal Mountain Base Area

- Travel into the backcountry together
- Discuss Personal Protective Equipment and Rescue Gear
- Conduct a Departure Check
- Demonstrate Effective Avalanche Rescue
- Conduct Single Victim and Multiple Victim Scenarios
- Scenario Practice and Assessment
- Patient Considerations and Evacuation

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*“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. IMG is way better than the others. Way better! You guys are the best in the business...”*

—Jim P.

For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

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## Avalanche Rescue Course Required Personal Equipment List

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. crampons, ice axe) along with shell layers, insulating layers, hand and eyewear can be rented from us at the IMG base in Ashford. Please consult our [Rental Information](#).

### Avalanche Rescue Gear:

- Avalanche Beacon\*
- Collapsible Avalanche Shovel\*
- Collapsible Avalanche Probe\*

### On-snow travel gear

- Snowshoes\* with Winter Hiking Boots or
- Skis with Alpine Touring Bindings, AT Boots, and Skins or
- Skis with Telemark Bindings, Telemark Boots, and Skins or
- Splitboard, Snowboard Boots, and Skins

### Clothing

- Warm Hat or Beanie
- Sun Hat
- Synthetic Base Layer Top and Bottoms
- Soft Shell Jacket\*
- Hard Shell Jacket\*
- Soft Shell Pants or
- Hard Shell Pants\*
- Light Gloves
- Warm Snow Gloves\*
- Warm Socks

### Additional Gear

- Goggles and/or Sunglasses\*
- Two Trekking/Ski Poles with large baskets\*
- 25-35L Backpack
- 1 Liter of Water
- Lunch and Snack Food
- Sunscreen (at least SPF 30)
- Lip Balm

\*Available for Rent on Ashford based programs, [www.mountainguides.com/rainier-rentals.shtml](http://www.mountainguides.com/rainier-rentals.shtml)

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*“Let me say that after this experience, I won't be looking for any other guide service when I hit the mountains. We were not treated like weekend warriors. We had lots of fun, but we also learned valuable skills and were given the opportunity to prove ourselves as climbers (even if we were novices). That's what I'm looking for in a guide service. I need experts, not babysitters. I want skills, not pampering. That's what I experienced... and I can't wait to continue using your services as I plan the next phase of my climbing life.”*

—Nate M.

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