

# MT. RAINIER

## DENALI EXPEDITION PREP SEMINAR

WASHINGTON STATE | 4 DAYS | 14,410' | BEGINNER LEVEL



An IMG winter seminar leaving camp for a day of training (Porter McMichael)

### PREP FOR YOUR DENALI EXPEDITION WITH IMG

Standing at 14,410 feet tall, Mt. Rainier is the highest peak in Washington and is the most glaciated peak in the Lower 48.

Winter on Mt. Rainier is the ideal place to get a sense of what it take part in a bigger expedition such as Denali, Aconcagua, Everest, and more. This 4 day program in Mt. Rainier National Park is designed as a skills and training seminar for climbers seeking a primer in cold weather mountaineering skills, as well as those with aspirations of greater climbs in the future such as Denali expedition or other high altitude, glaciated, technical peaks.

Our Seminar emphasizes technical training and expedition logistics and is designed to deliver to people the specific skills required. The seminar teaches and reviews basic climbing skills like ice axe arrest, cramponing on steeper slopes and rope travel, then progresses on to more advanced training such as anchors, crevasse rescue, and fixed line ascension. As time and conditions allow, additional time will be spent on skills such as snow caves, avalanche hazard evaluation and route finding.

The Denali Seminar offers hands-on base level instruction and training, lectures, and informal discussions. It is a great way to immerse yourself in a big mountain environment and learn through hands on practice about expedition climbing. This is invaluable training from our internationally renowned guide staff.

### DATES/PRICE

[View on our website](#)

### GROUP SIZE

8-10 participants + Guides  
Guide Ratio: 4:1

### QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ](#)

### REGISTER

[Click here](#) to get started.

\$500 Registration Fee is due upon registration and applies to total Selected Program price. Remaining balance is due 120 days prior to Scheduled Arrival Date. All fees and payments are non-refundable and non-transferable.

### GENERAL INFO

[Directions/Travel](#)

[Travel Insurance](#)

[Local Lodging](#)

[Training](#)

[Food Suggestions](#)

[Mt. Rainier Weather](#)

[Suggested Reading](#)

[Tipping your guides](#)

### CONTACT US

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

One fundamental aspect of the Denali Seminar is that the itinerary varies from course to course. The guides will determine the specific location of the course depending upon the weather, conditions, ability of the group, and skills they want to highlight. There is real opportunity to get away from the crowds and experience cold weather, big mountain training. **A summit attempt is not included in this program.**

## PREREQUISITES & TRAINING

No previous experience is required as basic mountaineering skills are taught as part of the program. However, previous cold weather camping and overnight backpacking trips carrying up to 60 pound loads is strongly recommended. A prior climb of Rainier during the summer months or comparable training is advised.

## THE ITINERARY

Day	Mt Rainier Denali Prep Seminar Itinerary
Day 1	The team will meet at <a href="#">IMG Headquarters in Ashford, WA</a> at 8 AM for a gear check and initial training session. If you need to rent any gear it can be taken care of during this portion of the program, no need to reserve in advance. Your lead guide can help make decisions about your gear and will ensure each team member has everything needed for the program without carrying unnecessary weight. During the training session, you will cover Leave No Trace Principles, the Mission of the National Park Service, crampon adjustment, loading/rigging of sleds to expedition packs, ascending for crevasse self-rescue and operation of avalanche transceivers. After this morning orientation in Ashford, you will travel to Paradise to snowshoe and camp for the night.
Days 2-3	Days 2-3 will be training days in the field. Your guides will determine the curriculum for the day depending on weather, current snow conditions, and previous lessons taught. Weather permitting, we may carry loads and/or move to a higher camp, potentially all the way to Camp Muir. Lessons include cramponing, steep snow climbing, roped glacier travel, ice axe arrest, crevasse rescue, ascending and descending fixed lines, snow anchor construction, expedition gear and its use, camp hardening with snow walls or snow caves, with additional lectures on altitude illness, cold injury, glacier travel and route finding, avalanche hazard evaluation, and a West Buttress route brief.
Day 4	On Day 4, you will finish up remaining training modules before descending back to the waiting van at Paradise and then IMG HQ. We plan to be back to IMG HQ in Ashford by 2-4 pm, as snow and conditions allow. Here you can return rentals, make retail purchases, and share in a closing ceremony with your guides.

## TRIP INCLUSIONS & EXCLUSIONS

Here is what is included and not included in the cost of your program.

### Included

- IMG Guides
- All training curriculum and instruction
- Dinners, breakfasts, and hot drinks during the program
- Group equipment including tents, stoves, fuel, cookware and group gear (ropes and hardware)
- Entrance fee to Mt. Rainier National Park
- Round trip transportation from IMG HQ to starting location in Mt. Rainier National Park

### Not Included

- Lodging before and after the program
- Lunches and snack food, meals before and after the program
- Transportation to and from Ashford
- Personal clothing and equipment found on the Gear List
- Guide Tips

## INSURANCE

Due to our strict no refund policy, IMG strongly advises that you protect potential losses with appropriate insurance coverage. Travel Insurance is strongly suggested and should include coverage for trip cancellation, trip interruption,

trip delay, baggage loss, emergency medical expenses, emergency evacuation expense, etc. IMG provides no such insurance coverage. Visit the [Travel Insurance page](#) on our website for more information.

## LODGING & TRAVEL

We do not have lodging available on site for this program, you are responsible for your own for lodging before and after your program. Plan to return to IMG HQ by 5pm on Day 4. Due to the variable nature of mountaineering, return time can vary significantly. If you are spending the night in Ashford, don't forget to make arrangements for the last night of the program. We do not recommend attempting to fly out of Seattle the same day you get down from the program.

Local area lodging suggestions can be found on our [website](#).

## GUIDE TIPS

A show of appreciation for a job well done is always appropriate. We think you'll agree that the guides go above and beyond the call of duty to make your program as safe, successful and enjoyable as possible. Our guides typically pool the tips and share them equally. Your contribution to the guides' tip pool can go directly to the lead guide on your program and will be appreciated by all of them! Cash or Venmo is preferred, please contact your guide directly for Venmo information. The amount of tip is at your discretion, but tips for excellent service normally average 10-15% of the cost of the program.

## QUESTIONS?

[Email](#) or call at (360) 569-2609 Ext. 1

*International Mountain Guides, LLC is an authorized Concessioner of the National Park Service. Address comments to Superintendent, Mount Rainier National Park, 55210 238<sup>th</sup> Avenue East, Ashford, WA 98304. These services are operated in an area under the jurisdiction of the U.S. Department of the Interior. No discrimination by segregation or other means in the furnishing of services or privileges on the basis of race, creed, color, ancestry, sex, age, disabling condition or national origin is permitted in the use of this facility. Violations of this prohibition are punishable by fine, imprisonment, or both.*



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