

MT. RAINIER

EXPEDITION PREP & SUMMIT SEMINAR

WASHINGTON STATE | 6.5 DAYS | 14,410' | BEGINNER LEVEL



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

PREP FOR YOUR EXPEDITION WITH IMG

Mt. Rainier is the ideal place to get a sense of what's involved in a bigger expedition such as McKinley, Aconcagua, Everest, and more. This 6 ½ day program in Mt. Rainier National Park is designed as a skills and training seminar for climbers seeking a primer on expedition-specific mountaineering skills, as well as those with aspirations of greater climbs in the future such as a McKinley 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 to be successful on a long expedition. 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. Additional time will be spent on skills like packing and dragging expeditions sleds, camp maintenance, avalanche hazard evaluation, route finding, and more. Put your gear and your skills to the test and climb to the summit of Rainier on the final day of the program.

The Expedition Prep & Summit 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 participants + Guides
Guide Ratio: 2:1

QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ](#)

REGISTER

[Click here](#) to get started.

\$500 Registration Fee is due upon registration and applies to total 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](#)

[Tent Rentals at IMG HQ](#)

[Training](#)

[Food Suggestions](#)

[Mt. Rainier Weather](#)

[Suggested Reading](#)

[General Policies](#)

CONTACT US

(360) 569-2609

Office@MountainGuides.com

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.

THE ITINERARY

Day	6.5-Day Expedition Prep & Summit Seminar
1	Meet at IMG HQ in Ashford at 2:00pm on Day 1 for your pre-climb orientation. This orientation is instrumental in getting you outfitted, informed, packed and educated prior to departure the following morning. Topics to be covered include an introduction to your climbing team; an introduction to Mount Rainier National Park, its mission and ecology; a safety briefing; the examining, issuing and fitting of gear; and instruction on the proper use of safety equipment including helmets, harnesses and avalanche beacons. Lodging is not provided the night of Day 1.
2	Meet at HQ at 8:00am on Day 2 for an early departure to the trailhead at Paradise (5420 ft.) in Mount Rainier National Park. Plan on a long day of hiking and climbing for roughly 3-4 hours and gaining about 2,000ft on your ascent to the Paradise Glacier. Along the way, the guides will review efficient climbing techniques including pace, rest-stepping, breathing, break procedures, and clothing layering systems, food and water intake requirements and other essential climbing skills.
3 & 4	Days 3 & 4 are flexible to cater to mountain conditions. During these days the team will continue skills training with ice axe and crampons in preparation for navigating higher up the glacier. Expect a day of technical rescue training with self-rescue and team rescue practice scenarios. Other skills may include snow and ice anchors, anchor systems, belaying, ascending and descending ropes. The team may choose break camp and ascend the Paradise Glacier to a camp at an altitude below 9,000 feet. This camp will be situated to take maximum advantage of nearby crevasses for training.
5	After a morning of technical training, the team will ascend to Camp Muir at 10,080ft on Day 5 . We will spend the night at Camp Muir overlooking the Nisqually and Cowlitz glaciers and the rugged Tatoosh range to the South.
6	After a casual breakfast on Day 6 , we will cover more technical skills which may include crevasse rescue on the Cowlitz Glacier adjacent to Camp Muir. Around noon the team will rope up and cross the Cowlitz Glacier to reach Ingraham flats. Upon arriving at "The Flats" the team will set up our highest camp. This camp at 11,200ft offers a stunning view of Little Tahoma, the third tallest peak in Washington, and the spectacular Ingraham and Emmons Glaciers. An informational meeting with the guides will take place in the afternoon followed by an early dinner and a short night's sleep.
7	On Day 7 , conditions permitting, you will wake up early to make your summit push. After leaving the Flats, you will climb to the top of Disappointment Cleaver (12,300') before continuing onto the upper mountain and climbing the Ingraham Glacier to the summit. Snap some summit photos and enjoy the views before we descend. Upon reaching The Flats, the team will pack up camp and continue descending to Camp Muir and then to the waiting van at Paradise. From there we travel back to IMG HQ in Ashford together. Here you can return rentals, make retail purchases, and share in a closing ceremony with your guides.

TRIP INCLUSIONS & EXCLUSIONS

Below 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
- Mt. Rainier National Park climbing permit
- 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

You are responsible for your own for lodging the night of Day 1 following your ½ Day Team Orientation. Plan to return to IMG HQ by 5pm on Day 7. 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 climb.

Local area lodging suggestions can be found on our [website](#), and a limited number of [IMG platform tent rentals](#) may be available as an inexpensive alternative.

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 (360) 569-2609

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