

Mt. Rainier: Mountaineering Day School

Experience Level: Novice

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Why Choose This Program?

IMG's 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. The MDS is a full day of learning and practicing snow climbing techniques, including ascending and descending steep snow slopes, cramponing, ice axe use, self and team arrest, and roped glacier travel. The school takes place on snow 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 Advanced Mountain Day School and the 2-day Crevasse Rescue School, a good primer in anchors and crevasse rescue systems. By itself, the Mountaineering Day School is not sufficient training to allow you to climb on your own.

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 experienced climbers planning to climb on their own or who feel the need for additional training before their 3.5 Day Summit Climb. The MDS is a hands-on course which allows a substantial amount of time to practice skills before climbing Rainier or other glaciated peaks.

Dates: May – September (Please see the IMG website for [available dates](#).)

Land cost: \$275 **Client to Guide Ratio:** 5:1

Trip Length: 1 Day (this program commences at 8:00am)

Cost includes:

- IMG's world-renowned guide staff
- All training curriculum and instruction
- Round trip transportation from IMG Headquarters to the start/end of the climb (Note that this is subject to change based on Covid restrictions)
- Group equipment including climbing ropes and group hardware
- National Park entrance permit

Cost Does Not Include:

- Personal gear (see [equipment list](#) for full details)
- Lodging the evening prior to the start of the climb or after the end of the program
- Lunch food and mountain snacks. Please refer to our [food suggestions page](#) for more details.

Itinerary

We begin the day at 8:00 a.m. sharp with a meeting and introductions at IMG Headquarters. Any rental needs are taken care of at this time, no need to reserve in advance. Once preparations are complete, we are shuttled up to Paradise where we begin our hike to the training location, typically this 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 peaks. 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. Typical return time is 5:00pm.