

MT. RAINIER GLACIER SKILLS SEMINAR

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



IMG climbers descending from the summit of Mt. Rainier (Max Bond)

CLIMB MT. RAINIER 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.

The Glacier Skills Seminar is one of IMG's comprehensive training programs. It is designed as an in-depth skills and training seminar for climbers looking to develop a greater depth of climbing skills. This program provides excellent hands-on expedition style training to prepare climbers for any of the big, high-altitude, glaciated, technical peaks such as those found in Alaska, South America, the Himalayas and elsewhere. This Seminar provides a program on Mount Rainier in expedition fashion, working its way up from camp to camp teaching you the fundamentals of expedition climbing, eventually putting the team in position to summit. This program includes training and skills sessions in cramponing, ice axe and tool use, ice climbing, belaying and rappelling, short roping and short pitching, ice and snow anchors and systems, self and team crevasse rescue, route finding and navigation, glacier travel and fixed line ascension. The seminar is specifically scheduled for mid-summer to capitalize on firmer snow conditions and more exposed crevasses for glacier training. A summit attempt of Rainier is included at the end of the seminar.

DATES/PRICE

[View on our website](#)

GROUP SIZE

Max: 8 climbers + 4 guides

Guide Ratio: 4:1 Training

Days; 2:1 Climbing Days

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](#)

[Tent Rentals at IMG HQ](#)

[Training](#)

[Food Suggestions](#)

[Mt. Rainier Weather](#)

[Suggested Reading](#)

[Tipping your guides](#)

CONTACT US

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PREREQUISITES & TRAINING

There are no specific climbing prerequisites for this program. All that is required is an eagerness to learn, a significant base of cardiovascular physical fitness, and previous experience carrying an overnight pack. You will be expected to carry this weight over the course of many hours each day. This is a novice climb for those interested in learning elements of travel on big, glaciated mountains. Technical training is conducted during the pre-climb orientation and continually throughout the climb.

THE ITINERARY

Day	Mt Rainier Glacier Skills Seminar 6.5 Day Itinerary
Day 1	Your orientation begins at 2 pm at IMG Headquarters in Ashford, WA on Day 1. Your lead guide will take you through a gear check and 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 climb without carrying unnecessary weight. During the training session, you will cover Leave No Trace Principles, the Mission of the National Park Service, crampon adjustment, and packing up together. If time allows, the team will dive into other lessons such as knot-tying and an introduction into the climbing gear necessary for glacier travel. Day 1 will wrap up by 6 pm and the team will be free for the evening. Note that lodging is not provided for the night of Day 1.
Day 2	The following morning on Day 2 the team will meet around 8 am back at IMG HQ in Ashford. Here they will meet their other guide as well as be issued the remainder of their group gear. Once the team is ready to depart, they will leave for Paradise. The team will climb about 2000 feet together to their first camp on the Paradise Glacier. On the way, guides will review pacing, rest-stepping, and breathing techniques. Training modules will resume once the team has made camp.
Day 3	Day 3 training will start with glacier travel skills including cramponing, ice axe arrest, and rope-travel. After these modules, the team has the option to move-up to a higher camp, or stay in the same camp for the night. This will be decided by guides given current mountain conditions. If staying, the team will continue to go through modules including building snow anchors, ascending/descending ropes, and crevasse rescue techniques.
Day 4	Day 4 will be another day of technical training on the Paradise glacier. The team will take advantage of nearby crevasses to go over rescue practice scenarios. Once finished with training for the day, the team will return back to camp for the night.
Day 5	The team will ascend the remaining distance to Camp Muir (10,000') on Day 5. Here the team will meet their remaining two guides joining them for the summit attempt and finish any training modules. Once at Camp Muir, you'll also rest and enjoy a burrito dinner in IMG's semi-permanent dining tent. After dinner, it's off to bed for a full night of rest!
Day 6	Pancake breakfast with bacon and French press coffee will be served at 8 am sharp on Day 6. After breakfast, you will put learned skills into action, making the two hour climb up and over Cathedral Gap to Ingraham Flats (11,000') nestled in the Ingraham Glacier. At "The Flats", dinner and hot drinks are served early and we head to bed soon thereafter to rest and prepare for our summit push early in the night.
Day 7	On Day 7, 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

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 climb
- Group equipment including tents, stoves, fuel, cookware and group climbing gear (ropes and hardware)
- Climbing permit for Mt. Rainier National Park
- Entrance fee to Mt. Rainier National Park
- Round trip transportation from IMG HQ to Paradise (Mt. Rainier National Park)

Not Included

- Lodging and food the evening of Day 1
- Lunches and snack food, meals before and after the program
- Transportation to and from Ashford
- Personal clothing and climbing 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 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 climb 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

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