

## Mt. Rainier: 2-Day Crevasse Rescue School

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The 2-Day Crevasse Rescue School is a comprehensive course designed to give you the knowledge and skills to perform basic and advanced mountaineering skills on your own. The first day is spent going over useful knots and hitches, snow and ice anchor systems, belaying, ascending, descending and crevasse rescue at our Ashford facility ([Directions](#)). The following day we train on Mt Rainier reviewing the basic skills from the previous day, and continuing on to more advanced rescue systems. This may either be at a crevasse or steep snow cornice depending upon the conditions of the glacier and time of year. Skills taught during the two days will include climbing knots, snow and ice anchors, ascending and descending ropes, simple crevasse rescue, advanced crevasse rescue systems, and crevasse self rescue. A generous amount of time is allotted for practice of these systems so all participants leave the course with greater confidence in their newly learned skills, and the ability to perform them in real life situations.

### Why Choose This Program?

This program is an excellent opportunity to study practical basic mountaineering skills and advanced crevasse rescue systems in depth. Your instructors are experienced mountain guides who have amassed an impressive amount of time in glaciated terrain, using these techniques. The 2-Day Crevasse Rescue School allows plenty of time for learning and practicing skills in order to truly understand and be able to use them in practical situations on your own. This course, combined with our Mountaineering Day School can provide the start to a solid foundation for attempting glaciated climbs with or without guides. There is simply not enough time to learn and practice simple and complicated crevasse rescue systems in one day. This program is hands-on, and we minimize the amount of time spent traveling to maximize our learning. If you are an aspiring glacier climber, this course teaches skills mandatory for safe climbing.

### Prerequisite

There are no prerequisites for this program. However, if your reason for taking this course is climbing glaciated peaks without a guide, we highly recommend combining it with the Mountaineering Day School. The Mountaineering Day School is an excellent introduction to alpine climbing techniques and, in combination with our 2-Day Crevasse Rescue School, can provide the start to building a solid foundation for climbing on your own.

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

**Landcost:** \$355

**Client to Guide Ratio:** 5:1

**Trip Length:** 2 days

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*“Climbing with IMG was a night and day difference from other guides I've climbed with...”*

—Ben G.

## Mt. Rainier Crevasse School Required Personal Equipment List

International Mountain Guides will supply the necessary group climbing equipment including ropes and anchors for the school. You will need to supply your own personal climbing equipment such as clothing, boots, ice axe, crampons, food and drink. 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. plastic double-boots, crampons, ice axe) can be rented from us at the IMG base in Ashford. Please consult our Rental Information.

- \*Internal frame pack large enough to carry all required items for a day in the mountains
- \*Ice axe 65 - 70 cm.
- \*Harness
- 2 pear shaped locking carabiners
- 2-4 regular carabiners
- 1 belay device (like the Black Diamond ATC)
- \*Climbing Helmet
- \*10 or 12-point crampons, ADJUSTED TO YOUR BOOTS
- 24 feet of 6 mm Perlon accessory cord OR pre-constructed prussik slings; optional – bring one or two mechanical ascenders if you own them
- 1 wool or pile hat and 1 neck gaiter; or 1 thick balaclava
- 1 sun hat (ball cap and/or bandanna)
- 1 pr. light gloves (not fingerless) and 1 pr. thick insulated gloves (like ski gloves)
- 1 light or mid-weight synthetic underwear top and bottoms
- 1 synthetic t-shirt (preferably white – for sunny days)
- 1 expedition-weight or light fleece top
- 1 thick fleece or soft shell jacket
- \*Gore-Tex (or equivalent) shell jacket with hood
- 1 pr. Soft-shell climbing pants (Outdoor Research Exos Pants)
- \*Gore-Tex (or equivalent) shell pants, preferably with side zips
- \*Plastic double-boots; or insulated leather or synthetic single boots
- Gaiters (make sure they are large enough to cover the plastic double-boots)
- 1 set of wool or synthetic socks
- Personal medical kit: keep it light but include at least: Band-Aids, moleskin, aspirin/ibuprofen, small roll of adhesive tape and any necessary personal medications.
- \*1 pr. glacier glasses with side shields
- Sunscreen and lip screen, high spf rated
- 2 one liter size water bottles
- 1 pocket knife, 1 disposable lighter
- 1 large garbage bag to protect gear from rain
- Trail lunch and personal snacks for the day, drink mix (if desired).
- Note pad and pen for note taking
- Small digital camera for documenting rescue systems

### Optional Items:

Bring additional rescue gear with you if you have it including mechanical ascenders, mini ascending devices (Tiblok or Ropeman), rescue pulleys, extra carabiners, sewn webbing runners (single length and double length) and a cordelette (18 feet of 6 mm Perlon cord for linking anchors).

## IMPORTANT EQUIPMENT NOTES

- \* indicates this item is for rent at IMG HQ.
- You must have proper equipment and sufficient warm clothes for the program.
- Please do not hesitate to contact us if you require assistance with your gear selection.
- If you are planning for a climb of your own on Mt. Rainier or other glaciated peaks, you will want to bring the following minimum equipment (per person) with you on the program to practice its use:
  - 24 feet of 6mm Perlon cord to construct prussik loops
  - 5 feet of 5 mm Perlon cord for a rappel backup prussik
  - 2 short pickets (2 foot, I-beam shape)
  - 1 or 2 ice screws
  - 4 locking carabiners
  - 4 non-locking carabiners
  - 1 belay device
  - 2 cordelettes (18 feet of 6 mm Perlon cord each)
  - Several single length and/or double length sewn webbing runners
  - Optional: mechanical ascenders, mini ascenders (Tiblok or Ropeman), self tending belay device like BD ATC Guide, or Petzl Reverso 3, lightweight rescue pulleys

## Itinerary

We meet at the IMG Ashford facility at 8:00 a.m. on the morning of the first day. The morning is spent in teaching important climbing knots and hitches, anchors and anchor systems, belaying and rappelling and other safety skills. We'll take a break for lunch before moving on to the practice of basic crevasse rescue systems and self rescue. The following day we meet again in the morning at our Ashford facility and are shuttled up to Paradise where we'll train for the day. The hike to the training site generally takes about an hour. We spend the second day learning snow and ice anchors, briefly reviewing simple crevasse rescue systems in the field, going into depth on more advanced crevasse rescue systems and teaching crevasse self rescue techniques. After the day's training we descend to Paradise for the shuttle back to Ashford.

## Training and Fitness

Part of the second day is spent hiking out to the training location. The best place to train may be as much as an hour and 1,000ft vertical from Paradise. Because of this we require that you be fit enough to travel at a reasonable pace for at least an hour of uphill hiking with 20 lbs or more on your back.

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***“The experience was everything I was hoping it would be. The guides were knowledgeable and helpful without being patronizing. They pretty much kept to the schedule without being over-bearing. I would absolutely travel with you again and have already recommended you to a number of my friends. Thanks for a fantastic experience!”***

—Becky J.

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

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