

## **Itinerary: Rainier July 29-August 2, 2010**

<b>Day 1: Thursday, July 29, 2010</b>	
11:00 am	If flying, arrive in Seattle (SEA-TAC)
2:00 pm	Arrive in Ashford at IMG headquarters for pre-trip meeting with guides
4:00 pm	Get fitted for rental gear provided by IMG
9:30 pm	Camping on IMG property. Get to bed
<b>Day 2: Friday, July 30, 2010</b>	
7:00 am	Wake up and prep for departure.
10:00 am	Hit the trail at Paradise (elev. 5,200') and hike to Camp Muir.
3:00 pm	Arrive at Camp Muir (elev. 10,000') and settle in to basecamp.
<b>Day 3: Saturday, July 31, 2010</b>	
7:00 am	Wake up, get breakfast, and prepare for another hike.
8:00 am	Ascend 1,000' to Ingraham Flat.
11:00 am	Arrive, have a snack and relax.
1:00 pm	Snow school with guides.
6:00 pm	Dinner, summit talk and prep packs for the morning. Hit the sack! Big day tomorrow!
<b>Day 4: Sunday, August 1, 2010</b>	
12:00 am (Midnight)	Wake up and have a bite to eat.
1:30 am	Begin your summit push.
8:00 am	Final push to the Summit (elev. 14,411')
9:00 am	Begin descent to Ingraham Flat.
11:00 am	Reach camp, rest. Pack up and prep to head down the hill.
2:00 pm	Arrive back in Paradise
5:00 pm	Dinner and Celebration with your team!
7:30 pm	Stay the night in Ashford or begin the journey home.
<b>Day 5: Monday, August 2, 2010</b>	
All day	Rest and relax. Get a massage! Don't go to work.