

# Itinerary: Rainier 2011

Day 1	
11:00 am	If flying, arrive in Seattle (SEA-TAC).
2:00 pm	Meet 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.
Day 2	
7:00 am	Wake up and prep for departure.
8:00 am	Hit the trail at Paradise (elev. 5,200') and hike to Camp Muir.
3:00 pm	Arrive at Camp Muir (elev. 10,080') and settle in to basecamp.
Day 3	
7:00 am	Wake up, eat breakfast, and prepare for first glacial crossing.
8:00 am	Ascend 1,000' to Ingraham Flat.
11:00 am	Arrive, have a snack and relax.
1:00 pm	Summit meeting with guides.
6:00 pm	Dinner and prep time for the morning. Hit the sack! Big day tomorrow!
Day 4	
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.
Day 5	
All day	Rest and relax. Get a massage! Don't go to work.