



**MT. CONNESS, GLACIER ROUTE, CLASS 3
EQUIPMENT LIST**

CLIMBING GEAR

Climbing Pack – 30 liter (approx. 2000 cu. in.)

Footwear – Light to medium technical mountain boots such as:

La Sportiva Trango S Evo GTX (www.sportiva.com/products/prod/274)

or

Mad Rock Mountain (www.madrockclimbing.com/mountain.aspx) or similar.

Climbing Harness – adjustable, with belay loop and gear loops recommended. Your harness must fit correctly with any possible clothing combination.

(Rentals available, reservations required)

Climbing Helmet - CE approved, bring your own or ASI will provide one

(no reservations necessary).

Ice Axe – 60cm or 70cm

(Rentals available, reservations required)

Crampons – 10-12 point with front points, carefully pre-adjusted to boots

(Rentals available, reservations required)

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light capilene zip t-neck

Capilene briefs

Outer layers:

Soft shell jacket (lightly insulated) or fleece pullover

Light soft shell mountain pants (AKA “guide pants” - synthetic stretch woven fabric)

Light puff layer (nylon with light synthetic insulation, hood optional)

Rain layer – light waterproof/breathable jacket and pants

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Sun Hat - with visor or brim

Gloves - 1 light pair

Bandana

MISCELLANEOUS

1-Liter Water container (can refill often on approach)

Sunglasses with Retainer

Sunscreen –50 SPF or greater recommended (small amount in small squeeze bottle)

Lip Balm - 30 SPF or greater recommended

Insect Repellent - maximum strength (for early season ascents)

Small Personal First-Aid Kit - bandaids, moleskin, aspirin, first aid tape, antacid tablets

Toilet Paper in Zip-Lock Bag with Matches

Light Headlamp with Fresh Batteries and Spare Bulb

Camera (digital or film, optional)

RENTALS

ITEM 1-3 DAYS

Pack 30 liter (2000 cu. in.) \$15.00

Climbing Harness \$8.00

EQUIPMENT RENTAL FROM ASI

Special rental rates are available for pre-paid ASI participants only. Please refer to the equipment list and make the necessary reservations as soon as possible (availability of equipment is limited). Only pre-reserved rental equipment is brought to the trailhead. Make your reservations early.

ASI PROVIDES

Ropes and all other climbing gear, climbing helmets (if you don't own your own), first-aid and emergency gear.

FOOD

1 Snack Lunch

Lunch-high energy, snackable type

-3 oz. protein source (cheese, dried meat or other)

-2-3 oz. crackers or light bread (bagels ok for the first days)

-3 oz. nuts or dried fruit (gorp)

-2 oz sweets (goo gels, chocolate, etc.)

Energy bars may take the place of gorp or candy

-1 drink mix for 2 days

CAMPING GEAR (if camping on your own before or after the climb)

Sleeping pad

Sleeping bag

Tent or tarp

Cooking gear

Toothbrush, tooth paste, toiletries

*Camping and motel accommodations are available along Tioga Pass Road (Hwy 120) and the nearby town of Lee Vining at the junction of Hwy 120 & 395.

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