



**MT. HUMPHREYS (13,986'), EAST ARÊTE, III 5.5**

**CLIMBING GEAR**

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

**Footwear** – Option A: In snow free conditions, sticky rubber approach/climbing shoes work well for this route. Option B: For early season ascents with snow on the approach, light mountaineering boots.

**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).

**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

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 –30 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)

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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