

**MT. WHITNEY (14,494'), MOUNTAINEER'S ROUTE, CLASS 3
EQUIPMENT LIST**

It is important to travel light, in alpine style as the approach to high camp involves class 2 talus travel as well as class 3 scrambling sections.

CLIMBING GEAR

- Boots – light approach/climbing boots with sticky rubber soles, such as [Garmont Vetta Lite GTX](#), [Mad Rock Fury](#) or similar are ideal. Contemporary fabric/leather hiking boots are also a good alternative. For early season ascents with lots of snow, more substantial mountaineering boots that are crampon compatible, such as [La Sportiva Trango S EVO GTX](#) or similar may be necessary.
- Gaiters – low, high or in-the-pants gaiters with a cord under the boot instep are only necessary with deep snow.
- Trekking Poles - 3 section collapsible (optional, but recommended)



- Climbing Harness that will fit correctly with a variety of clothing layers
(included with course, reservations required)
- 1 Locking screwgate carabiner, small pear shaped best
(included with course, reservation required)
- Ice axe - 60-70 cm traditional curved pick (light alloy ok). *You will be notified if this is a necessary item. (included with course, reservations required)*
- Crampons – 10 or 12 pt. (light alloy ok) Binding type (automatic, semi-automatic or universal) must be compatible with boot type. *You will be notified if this is a necessary item. (included with course, reservations required)*
- Climbing Helmet - (UIAA approved) bring your own or ASI will provide one
(included with course, reservations required)



BIVY GEAR

- Pack – light mountaineering alpine ascent pack (40-50 liters)
(included with course, reservations required).
Pack such as [Black Diamond Speed 40](#), [Epic 45](#), [Mission 50](#) or similar. Extra large, heavy expedition packs with elaborate frames and excessive suspension systems are less appropriate.

- Sleeping Bag - down recommended, warm to 20° - 35° such as [Western Mountaineering UltraLite](#) or [HighLite](#), should weigh less than 2 ½ lbs. Small sil cloth compression stuff sack recommended or use smallest stuff sack possible.
- Sleeping Pad – Thermarest ProLite (small, ¾ length or regular, full length), NeoAir (small or medium), Z Lite or similar. Large, bulky pads not recommended.

TECH TIP: Consider using an extra small sil compression stuff sack. Experts often use their light pack under their feet to supplement a ¾ length pad.



CLOTHING

Next to skin layers: (no cotton) Consider thin Merino Wool. It is very versatile in all temperature extremes and repels unpleasant body odor.

- Short sleeve T-shirt – light merino wool or capilene
- Long sleeve merino wool or capilene zip T-neck
- Merino wool or capilene briefs
- Merino wool or capilene light long johns
- Warm socks – wool/nylon blend or similar (2 pr.)



Outer layers:

- Light Soft-shell jacket, fleece pullover or full zip
- Light Soft-shell mountain pants (AKA: guide pant or simple guide pant – synthetic stretch woven fabric)
 - Patagonia, Mammut or similar or synthetic “quick-dry” hiking pants
- Hiking shorts
- Puff jacket - nylon with synthetic insulation such as Patagonia Nano, Micro Puff or similar jacket. The thickness and warmth factor of this jacket may depend on the time of year.
- Light outer jacket – (waterproof/breathable) such as Patagonia Torrentshell or Rain Shadow
- Wool or fleece hat
- Visored sun hat
- 1 pair of Gloves – spring-weight
- Buff® “boof” (optional)
- Bandana



Above, is a recommended optimum layering system. Certain items may be substituted, but a combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

MISCELLANEOUS

- 1 Liter wide-mouth Lexan water bottle strongly recommended
(can be refilled enroute)
Hydration systems with hoses are not recommended (hoses often freeze, bags puncture, problematic to fill with boiling water and difficult to monitor water level)
- 12-24 oz. Lexan cup
- Plastic bowl
- Lexan spoon
- Sunglasses with retainer (optional)
- Sunscreen – 50+ SPF (dispensed into a small squeeze bottle)
- Lip balm – 30 SPF recommended
- Small personal first aid kit – bandaids, moleskin, tape, aspirin, antacid tablets, personal medications (please let your guide know of any meds you're taking)
- Micropure® or Iodine water purification tablets – dispensed into a small container
- Toothbrush and toothpaste - small tube
- Toilet paper in zip-lock bag with matches and very small hand sanitizer or sanitary wipes
- Ear plugs (optional)
- Insect repellent (only needed during active bug season – usually mid-June-July)
- Light, small headlamp with fresh batteries (Petzl Tikka or similar)
- Butane lighter
- Small pocket knife
- Camera (optional)
- 2-3 small organizational stuff sacks



ASI PROVIDES

All group gear including tent, stove, fuel, 1 mountain dinner (2 dinners for 3-day trips). All guide's gear including additional climbing gear, first aid, repair, navigation, emergency communications (cell, FRS/VHF radio or satellite phone, location dependent) and other emergency gear. *Plan on carrying 3-4 lbs of group gear.*



FOOD

One prepackaged dinner will be provided by ASI. Variations in taste make it most practical for each participant to pack his/her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack 1 breakfast and 2 lunches (2 breakfasts and 3 lunches for the 3-day trip).

Here is a suggested sample we would carry for 1 day:

Breakfast-instant, non-cooking

- Hot beverage-tea, coffee or cocoa
- 1-2 packet(s) instant oatmeal or cream of wheat or granola
- 4 tablespoons whole or low-fat milk powder (instant, optional)
- 1 tablespoon margarine (and nuts for oatmeal optional)

Lunch-high energy, snackable type

- 3 oz. protein source (cheese, dried meat or other)
- 2-3 oz. crackers or light bread or bagels
- 2 oz. mixed nuts
- 2 oz. dried fruit
- 2 Energy bars such as Power Bar, Cliff Bar or Nature Valley (sweet & salty almond)
- 1 instant drink mix per day (optional)

Measure and prepackage your food carefully. Try to use this as a guideline; it is important to bring enough, but not too much. To us, going light is very important. We want to take the time to teach you how a well planned system is not only highly efficient but can make travel in the mountains safer, more comfortable and far more enjoyable.