

**MT. SHASTA (14,162') STANDARD ROUTE
EQUIPMENT LIST**

The ASI *High & Light* system improves safety, comfort and summit success rate.

CLIMBING GEAR

- Boots – warm, waterproof yet light-weight high altitude mountaineering boots
We recommend [La Sportiva Trango S EVO gtx](#), [Mad Rock Alpinist](#) or similar **or** plastic double mountaineering boots. *(included with course, reservations required)*
Other boots must have a substantial welt to support crampons.
Soft, flexible fabric/leather hiking boots are not appropriate.
- Gaiters – low, high or in-the-pants gaiters with a cord under the boot instep
- Trekking Poles - 3 section collapsible (optional)



- Climbing Harness with adjustable leg loops 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)
(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.
(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 Mission 50 Pack](#) or similar. Extra large, heavy expedition packs with elaborate frames and excessive suspension systems are less appropriate.
- Sleeping Bag - down recommended, warm to 15° or 20° such as [Western Mountaineering UltraLite](#) or [Sierra Designs Vapor 15](#), 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:

- Soft-shell jacket (lightly insulated) or fleece pullover or full zip
- Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric) - Patagonia, Mammut or similar or synthetic “quick-dry” hiking pants
- 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
- Light over pants with duct-taped reinforced seat or a pair of over-sized board shorts worn over your climbing pants for glissading (optional)
- Wool or fleece hat
- Visored sun hat
- Fleece neck gaiter or balaclava face mask or Buff® “boof” for storm conditions
- 2 pair of Gloves – spring-weight & warm gloves (thickness and weight may vary with time of year)
- Bandana
- Light down booties (optional)



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
(snow can be added for solar melting) *Second half-liter or 1 Liter bottle optional*
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 such as GSI Infinity Insulated Mug (16 oz.)
- 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.