



**MT. SHASTA HOTLUM HEADWALL ICE COULOIRS
EQUIPMENT LIST**

CLIMBING GEAR

Boots – warm, waterproof yet light-weight high altitude mountaineering boots such as Mad Rock Alpinist (<http://www.madrockclimbing.com/alpinist.aspx>) or similar **or** plastic double mountaineering boots

Trekking Poles - 3 section collapsible (optional)

Climbing Harness with adjustable leg loops that will fit correctly with a variety of clothing layers (rentals available, reservations required)

Ice axe – 50-60cm (rentals available, reservation required)

Crampons - 12 pt. carefully adjusted with straps or clip-up bindings (rentals available, reservation required)

1 Locking screwgate carabiner, small pear shaped best (included with course, reservation required)

Climbing Helmet - (UIAA approved) bring your own or ASI will provide one (no reservations necessary)

BIVY GEAR

Pack – light mountaineering alpine Ascent Pack (40-50 liters). Pack such as Black Diamond Quantum, Predator or similar.

Sleeping Bag - down recommended, warm to 15° or 20° should weigh less than 2 ½ lbs. Small sil cloth compression stuff sack recommended or use smallest stuff sack possible.

Sleeping Pad – ¾ length or full length light Thermarest® or Ridgecrest®. Experts often use their light pack under their feet to supplement a ¾ length pad.

CLOTHING

Next to skin layers:

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

Puff jacket - nylon with synthetic insulation such as Patagonia Micro Puff or similar hooded jacket

Light outer jacket - waterproof/breathable

Wool or fleece hat

Fleece neck gaiter or balaclava face mask for storm conditions

Gloves – midweight, warm gloves

Light down booties (optional)

Bandana

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

MISCELLANEOUS

1-2 Liter water container or hydration system
12-24oz. Lexan cup
Lexan spoon
Sunglasses with retainer
Sunscreen – 30 SPF or greater (small amount in squeeze bottle)
Lip balm – 30 SPF or greater
Small personal first aid kit – bandaids, moleskin, tape, aspirin, antacid tablets
Toothbrush and toothpaste - small tube
Toilet paper in zip-lock bag with matches
Light headlamp with fresh batteries (Petzl Teka or similar)
Butane lighter
Small pocket knife
Camera (optional)

RENTALS FROM ASI (prepaid reservations required)

<u>ITEM</u>	<u>1-3 DAYS</u>
Ice Axe	\$8.00
Crampons	\$10.00
Pack (50 liter)	\$20.00
Plastic Double Mountain Boots	\$20.00
Climbing Harness	\$8.00
Snow Shoes	\$20.00
Ski poles	\$3.00

ASI PROVIDES

All group guiding equipment, group first-aid, emergency and repair kits, shelters, stoves, cook kits, and 1 mountain dinner.

FOOD

One prepackaged dinner will be provided by ASI. Variations in tastes 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 one breakfast and two lunches.

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

Breakfast-instant, non-cooking

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

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 (dextrose, chocolate, lemon drops, etc.)
Energy bars may take the place of gorp or candy)
- 1 drink mix for 2 days

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 mountain safer, more comfortable and far more enjoyable.