



**MT. SHASTA (14,162') WEST FACE
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

Gaiters – low, high or rubber-randed supergaiters or in-the-pants gaiters with a cord under the boot instep

Trekking Poles - 3 section collapsible

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

Ice axe - 60-70 cm traditional curved pick (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, Mammot 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)
Small 2-way FRS radio (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.

Alpine Skills International

11400 Donner Pass Rd.

Truckee, CA 96161

www.alpineskills.com

asi@alpineskills.com

530-582-9170 office 866-833-2483 fax