



# ADVANCED CLIMB/SEMINAR GEAR LIST

Please use this gear list for the following Shasta Mountain Guides programs:

- **Glacier II Seminar - Glacier Travel & Crevasse Rescue**
- **Glacier III Seminar - Ice & Alpine Climbing**
- **Denali Prep Climbing Seminar**
- **Custom Seminars**

For your safety and comfort, please follow this list diligently. Every item on this list is required, unless clearly stated otherwise. Mountain weather is unpredictable with high winds, rain and snow, and temperatures that may range from -10°F to 85°F. Locally rentable items from [The Fifth Season](#) are marked with **bold blue text\***. Please call or email us with any questions about your gear. Selecting alpine mountaineering gear can be overwhelming, here are some tips from our guides:

- Versatility is the key to proper clothing and equipment. Think "light and simple" when packing. Avoid bringing doubles of similar layers. Your pack will weigh 25-45 lbs. depending on your "light and simple" gear choices.
- The hardshell jacket and pants functions as both a waterproof and windproof layer. It is required April-June. A softshell jacket may be appropriate July-September if no precipitation is forecasted. When in doubt, bring both and your guide can provide advice and recommendations.
- The insulated jacket is REQUIRED for all trips. It is to be worn over your other clothing layers. It should be high loft and very warm yet compressible. Good examples include the Patagonia DAS Parka, Black Diamond Cold Forge Jacket, or the Outdoor Research Coldfront Down Hoodie. Light or moderately insulated jackets, akin to the Patagonia Micro Puff, are NOT sufficient.
- No Cotton. Cotton retains moisture and drains body heat when wet; this includes briefs/bras, etc. Moisture wicking layers like Capilene or Wool are best for mountain activities.
- Mountaineering boots are REQUIRED. Backpacking or hiking boots are not sufficient for climbing. Double-layer boots are best May and June, with single-layer boots appropriate mid-June to September.
- We STRONGLY discourage water bladders. They regularly freeze and leak in the high-altitude environment.
- Consider a thin, non-cushioned, well-fitted hiking sock to help reduce the risk of blisters and hotspots. The sock does not need to be warm and insulating; the warmth comes from the mountaineer boot's insulation. Ensure they're well-fitted and broken in to reduce the risk of blisters and hotspots.

## CLOTHING

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Hiking Socks	Wool or Synthetic, lightweight	2-3 pairs
<input type="checkbox"/> Underwear	Briefs and bras must be synthetic material	1-3 pairs
<input type="checkbox"/> Base Layer Bottom	Wool or synthetic fabric. Light weight warmth.	1
<input type="checkbox"/> Base Layer Top	Wool or synthetic Can be your Sun Hoody layer	1
<input type="checkbox"/> Mid Layer Top	Midweight synthetic or wool sweater, jacket, or vest	1
<input type="checkbox"/> Waterproof Pants	Uninsulated, lightweight hardshell, full-leg zip preferred.	1 pair
<input type="checkbox"/> Waterproof Jacket	Uninsulated, lightweight hardshell	1
<input type="checkbox"/> Insulated Jacket	Important! Down/synthetic. Medium/heavy weight warmth	1
<input type="checkbox"/> Sun Hoody	(Highly recommended) with a hood or large collar	1
<input type="checkbox"/> Light Softshell Pants	Medium weight fabric. Provides wind/water/abrasion resistance in snowy environments	1 pair
<input type="checkbox"/> Hiking Shorts	(Optional) For the hike to basecamp ONLY	1 pair
<input type="checkbox"/> Fleece or Wool Hat	Warm & covers ears, fits underneath climbing helmet	1
<input type="checkbox"/> Brimmed Sun Hat	Baseball cap style, visor, or other	1
<input type="checkbox"/> Buff	lightweight/breathable style, uninsulated	1
<input type="checkbox"/> Light Weight Gloves	Softshell, lightly insulated	1-2 pairs
<input type="checkbox"/> Insulated Gloves	Waterproof ski or mountaineering style	1 pair

## EQUIPMENT

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Mountaineering Boots*	Modern, well-fitted, with toe and heel lips for crampons.	1 pair
<input type="checkbox"/> Gaiters*	Mid-calf length. Can fit over your mountain boots.	1 pair
<input type="checkbox"/> Crampons*	Fit securely on boots. Step-in or hybrid style.	1 pair
<input type="checkbox"/> Climbing Helmet*	Climbing-style helmet. Ski or bike helmets not allowed.	1
<input type="checkbox"/> Ice Axe*	Generally, 55-75cm depending on your height	1
<input type="checkbox"/> Carabiners	2 locking style and 2 non-locking style	4
<input type="checkbox"/> Cordage	20-30 ft, 5-6mm accessory cord, nylon or dyneema	1
<input type="checkbox"/> Belay Device	Dual tube-style with attachment for plaquette mode.	1
<input type="checkbox"/> Friction Hitch Loop	(Optional) Commercially sewn loop for friction hitches	1-2
<input type="checkbox"/> Trekking/Ski poles*	With snow baskets, collapsible preferred	1 pair
<input type="checkbox"/> Expedition Backpack*	65-80 Liter/5,000 cubic inches, internal frame	1
<input type="checkbox"/> Sleeping Bag*	Synthetic or down, mummy style, rated to 15-25°F. If you're a cold sleeper, consider a rating of 5F-15°F	1
<input type="checkbox"/> Sleeping Pad*	Inflatable style and closed cell/z-fold style foam pads	2

## PERSONAL/MISCELLANEOUS

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> <b>Water Bottles</b>	Durable 1-liter bottles. Water bladders are NOT allowed on climb; may be on hike to basecamp only	2-3 liters
<input type="checkbox"/> <b>Eating Utensils</b>	Cup, bowl, spoon only	1 pair
<input type="checkbox"/> <b>Headlamp</b>	With fresh batteries	1 pair
<input type="checkbox"/> <b>Sunglasses</b>	Dark-lensed glacier or sport style, polarized preferred	1
<input type="checkbox"/> <b>Sunscreen and lip protection</b>	30 SPF minimum	1
<input type="checkbox"/> <b>Personal Kit</b>	Small quantity of toilet paper, towelettes, toothbrush, blister kit, personal medications, pocket knife, etc.	1pair
<input type="checkbox"/> <b>Garbage Bag</b>	For packing out solid waste kits, aka "wag bags"	1
<input type="checkbox"/> <b>Camp Shoes</b>	(Optional) Down booties in spring/early summer, very light shoes/sandals in mid/late summer	1
<input type="checkbox"/> <b>Earplugs</b>	(Optional) We will be sharing tents on the mountain	1
<input type="checkbox"/> <b>Phone/Camera</b>	(Optional but well worth it!) No earphones during the climb please. Cell service is intermittent on the mountain. Consider an extra battery/charging cable.	1
<input type="checkbox"/> <b>Snacks/food</b>	Consider light lunch-style food for non-climb days and snack-style food for the climb day. (See below)	Varied

## EQUIPMENT PROVIDED BY SHASTA MOUNTAIN GUIDES

<u>Item</u>	<u>Description</u>
<input type="checkbox"/> <b>Tents</b>	We supply 2- and 3-person mountaineering tents
<input type="checkbox"/> <b>Main Meals (Dinner and Breakfast)</b>	We provide breakfasts and dinners while in the backcountry. Meals are organic and delicious! Vegetarian, vegan, dairy free, and gluten are easily accommodated. Contact us if you have dietary needs.
<input type="checkbox"/> <b>Ropes &amp; Group Equipment</b>	We will employ the use of ropes on portions of the summit climb
<input type="checkbox"/> <b>Harnesses</b>	Alpine style harnesses with 1 carabiner
<input type="checkbox"/> <b>All Summit Passes and Permits</b>	As required by the USFS, NPS, or MSSP, depending on location
<input type="checkbox"/> <b>Friendly Guides and Instruction</b>	All trips include review of basic mountaineering skills for the climb. Longer seminars teach a progression of alpine climbing techniques.

## SNACK SUGGESTIONS

Snack examples include: Clif Bars, Shots, or Blocks; energy/candy bars; hard or gummy candy; dried fruit, nuts; jerky, cheese, salty trail mix, etc. Many like to supplement breakfast with additional protein like nuts, jerky, cheese, etc. depending on needs and preferences.

For Day 1 on all trips - A perishable sandwich-style lunch is OK. There is often time to pick up a sandwich locally after gear check. Also bring a small selection of snacks.

For Day 2 - on our 3-Day and 4-Day ski trips/seminars: a skills/touring day. A non-perishable lunch, i.e., bagels/tortillas/crackers with cheese/salami or peanut butter etc. is nice to have, along with selection of other snacks. Alternately just bring a wide variety of snacks.

For Climb Days - day three for our 3-Day ski trip, days three & four on our 4-Day Ski Mountaineering Seminar; day two for Alpine-Style and Single-Push ski trips Bring a large selection of small, convenient snacks - one or two individual 100-200 calorie snack for each break. Plan for a long day with many snacks! We typically stop for a snack/water break every 1-1.5 hrs. and may be on the move for 12-16 hours or more. A wide variety is key.