



ADVANCED SKI SEMINAR GEAR LIST

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

- **Mt. Shasta Advanced Ski Mountaineering Seminar**
- **Custom Advanced Ski Programs**

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. Ski 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 expedition backpack should be designed to hold your skis or snowboard. We vary between skinning, hiking, and climbing throughout the trip and will carry our skis or snowboard on the backpack.
- The hard shell jacket functions as both a waterproof and windproof layer. It is required April-June. A soft shell jackets 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 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.
- Be familiar with your ski/splitboard equipment, including boots, and make sure it is in good condition. Climb day will require lots of climbing with skis/splitboards on our packs, so address any issues ahead of time.
- We STRONGLY discourage water bladders. They regularly freeze and leak in the high-altitude environment.
- All-Mountain type skis or snowboard with modern touring bindings are great tool for ski and splitboard mountaineering. For skiers, consider 90-100mm in the waist.
- Consider a thin, well-fitted ski sock to help reduce the risk of blisters and hotspots.

CLOTHING

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Ski 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 wool or synthetic sweater, jacket, or vest	1
<input type="checkbox"/> Waterproof Pants	Uninsulated, hardshell, full-leg zipped preferred	1 pair
<input type="checkbox"/> Waterproof Jacket	Uninsulated, hardshell	1
<input type="checkbox"/> Insulated Jacket	Important! Down/synthetic. Medium/heavy warmth	1
<input type="checkbox"/> Sun Hoody	(Highly recommended) with a hood or large collar	1
<input type="checkbox"/> Softshell Pants	Medium weight fabric. Cuff fit over ski/snowboard boots	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 or fleece	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"/> Ski/Snowboard Boots*	AT/Randonnée, telemark, or snowboard	1 pair
<input type="checkbox"/> Skis/Splitboard*	With touring, telemark, or splitboard bindings	1 pair
<input type="checkbox"/> Skins*	Fitted/Tested prior to trip	1 pair
<input type="checkbox"/> Ski Crampons*	Compatible with ski/board bindings	1 pair
<input type="checkbox"/> Boot Crampons*	Fit securely on ski or snowboard boots	1 pair
<input type="checkbox"/> Climbing Helmet*	Climbing-style helmet. A lightweight ski helmet ok	1
<input type="checkbox"/> Ice Axe*	Generally, 55-75cm depending on your height	1
<input type="checkbox"/> Ski poles*	With snow baskets, collapsible preferred	1 pair
<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"/> 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
<input type="checkbox"/> Avalanche Transceiver*	Modern, 457 kHz version less than 10 years old	1
<input type="checkbox"/> Avalanche Probe*	Metal or carbon fiber, 240 cm or larger	1
<input type="checkbox"/> Avalanche Shovel*	Metal shovel made for avalanche activity; no plastic!	1
<input type="checkbox"/> Ski Straps	Voilé style ski straps	1-2

PERSONAL/MISCELLANEOUS

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Water Bottles	Durable 1-liter bottles. Water bladders are NOT allowed on climb; may be on hike to basecamp only	2-3 liters
<input type="checkbox"/> Eating Utensils	Cup, bowl, spoon only	1 pair
<input type="checkbox"/> Headlamp	With fresh batteries	1 pair
<input type="checkbox"/> Sunglasses	Dark-lensed glacier or sport style, polarized preferred	1
<input type="checkbox"/> Sunscreen and lip protection	30 SPF minimum	1
<input type="checkbox"/> Personal Kit	Small quantity of toilet paper, towelettes, toothbrush, blister kit, personal medications, pocket knife, etc.	1pair
<input type="checkbox"/> Garbage Bag	For packing out solid waste kits, aka "wag bags"	1
<input type="checkbox"/> Camp Shoes	(Optional) Down booties in spring/early summer, very light shoes/sandals in mid/late summer	1
<input type="checkbox"/> Earplugs	(Optional) We will be sharing tents on the mountain	1
<input type="checkbox"/> Phone/Camera	(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"/> Snacks/food	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"/> Tents	We supply 2- and 3-person mountaineering tents
<input type="checkbox"/> Main Meals (Dinner and Breakfast)	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"/> Ropes & Group Equipment	We will employ the use of ropes on portions of the summit climb
<input type="checkbox"/> Harnesses	Alpine style harnesses with 1 carabiner
<input type="checkbox"/> All Summit Passes and Permits	As required by the USFS, NPS, or MSSP, depending on location
<input type="checkbox"/> Friendly Guides and Instruction	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.