



MOUNTAINEERING CLASS & DAY HIKE GEAR LIST

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

- Mountaineering Day Class
- Basic Day Hike
- Custom Day Class

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***. Selecting outdoor equipment can be overwhelming. Please don't hesitate to contact us with any questions.

CLOTHING

| <u>Item</u> | <u>Description</u> | <u>Qty.</u> |
|--|---|-------------|
| <input type="checkbox"/> Socks & Underwear | Wool or Synthetic, lightweight material | 1 pair |
| <input type="checkbox"/> Base Layer Bottom | Wool or synthetic. Lightly weight warmth. | 1 |
| <input type="checkbox"/> Base Layer Top | Wool or synthetic. This can be your Sun Hoody layer. | 1 |
| <input type="checkbox"/> Waterproof/resistant Pants | Uninsulated, hard or softshell. Full-leg zips are best. | 1 pair |
| <input type="checkbox"/> Waterproof/resistant Jacket | Uninsulated, hard or softshell | 1 |
| <input type="checkbox"/> Insulated Jacket | Important! Down/synthetic. Medium weight warmth | 1 |
| <input type="checkbox"/> Sun Hoody | (Highly recommended) with a hood or large collar | 1 |
| <input type="checkbox"/> Light Softshell Pants | Helps evaporate sweat; wind/water/abrasion resistance | 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"/> Light Weight Gloves | Soft shell and light-to-medium weight warmth | 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"/> Crampons* | Compatible with your mountaineering boots | 1 pair |
| <input type="checkbox"/> Ice Axe* | Fitted/Tested prior to trip. | 1 |
| <input type="checkbox"/> Climbing Helmet* | (Optional) A lightweight ski or ski-rated helmet. | 1 |
| <input type="checkbox"/> Day Pack* | 25-35 liters, included attachment(s) for your ice axe. | 1 |
| <input type="checkbox"/> Gaiters* | Mid-calf length. Can fit over your mountain boots. | 1 pair |
| <input type="checkbox"/> Water Bottles | Durable 1-liter bottles. Water bladders discouraged. | 2 liters |
| <input type="checkbox"/> Snacks/food | Snacks for the day. | Varied |
| <input type="checkbox"/> Sunglasses | Dark-lensed glacier or sport style, polarized preferred | 1 |
| <input type="checkbox"/> Sunscreen and lip protection | 30 SPF minimum | 1 |