



SINGLE-PUSH SKI DESCENT GEAR LIST

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

- **Mt. Shasta Single-Push Ski/Board Descent**

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. Backcountry ski and snowboard 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 15-25 lbs. depending on your "light and simple" gear choices.
- Always test your layers before a trip. Outer layers should fit easily over inside layers without binding. The down jacket layer is sized to fit over all or your existing layers.
- No Cotton. Cotton retains moisture and drains body heat when wet; this includes briefs/bras, etc. Wicking layers like Capilene or Wool are best suited for high output mountain activities.
- Minimize the risk of blisters by wearing a thin, fitted, ski-specific sock.
- Boots, bindings, skis, and skins should all be compatible and working properly prior to trip start. Modern high quality gear is available to rent
- The hardshell 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.
- We STRONGLY discourage water bladders. They regularly freeze and leak in the high-altitude environment.
- 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.

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 Ski 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"/> Day Backpack*	25-45 Liters, ability to carry skis/splitboard preferred.	1
<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
<input type="checkbox"/> Goggles	Lightly tinted	1

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"/>	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, blister kit, repair kit, etc.	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	Snacks for the day.	Varied

EQUIPMENT PROVIDED BY SHASTA MOUNTAIN GUIDES

<u>Item</u>	<u>Description</u>
<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.