



MT. SHASTA, GLACIAL ICE SEMINAR EQUIPMENT LIST

PROGRAM OVERVIEW

At ASI, we promote traveling light, and in alpine style. This greatly helps to improve your chances of success as well as increasing safety during the climbs.

PERSONAL GEAR

Pack - Travel light enough to be able to use approx. 50-60 liter top loading, hip carrying, alpine climbers pack, with necessary straps to carry an ice axe and crampons if necessary.

Sleeping Bag - down or fiberfill, warm to 20° F, should weigh less than 2 1/2 lbs, use the smallest stuff sack possible (small sil-cloth compression stuff sacks are helpful).

Foam Pad - 3/4 length light Thermarest® or closed cell foam, bulky pads are not recommended

CLIMBING GEAR

Mountain Boots – Single leather/synthetic or plastic double boots designed for mountaineering and climbing with crampons (*Rentals available, reservation 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*)

Climbing Harness - adjustable sit harness. Your harness must fit correctly with any possible clothing combination. (*Rentals available, reservation required*)

2 locking screwgate pear-shaped carabiners (*Included with rental harness*)

2 regular carabiners

1 double length sewn sling (48")

1 cordalette - 5m x 6mm perlon

1 small prussik loop – 1m x 6mm perlon

Climbing Helmet - CE approved, bring your own or ASI will provide one
(*no reservation necessary*).

Trekking Poles – 3 section collapsible (optional)

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light capilene zip t-neck

Capilene briefs – 2 pr.

Light-weight capilene long johns

Outer layers:

Soft shell jacket (lightly insulated) or fleece pullover

Light soft shell mountain pants (AKA "guide pants" - synthetic stretch woven fabric)

Puff jacket (nylon with light synthetic insulation)

Rain layer – light waterproof/breathable jacket and pants

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Sun Hat - with visor or brim

Gloves - 1 pair medium weight

Bandana

MISCELLANEOUS

1 ½ Liter Water container
Spoon - lexan plastic best
2-Cup Plastic Measuring Cup or Plastic Bowl and Cup
Water Purification – Iodine tablets, tincture of iodine in small plastic dropper bottle
Sunglasses with Retainer
Sunscreen – 30 SPF or greater recommended (small amount in small squeeze bottle)
Lip Balm – 30 SPF or greater recommended
Small Personal First-Aid Kit – band aids, moleskin, aspirin, first aid tape, antacid tablets
Small stuff sacks (3 or 4 for organizing items)
Toothbrush
Toothpaste - small tube
Toilet Paper in Zip-Lock Bag with Matches
Light Headlamp with Fresh Batteries and Spare Bulb
Butane Lighter
Small Pocket Knife
Camera (digital or film, optional)

RENTALS

ITEM 4-6 DAYS

Pack \$20.00
Climbing Harness \$12.00
Ice Axe \$12.00
Crampons \$14.00
Mountain Boots \$24.00

EQUIPMENT RENTAL FROM ASI

Special rental rates are available for pre-paid ASI participants only. Please refer to the equipment list and make the necessary reservations as soon as possible (availability of equipment is limited). Only pre-reserved rental equipment is brought to the trailhead. Make your reservations early.

FOOD (You need to bring)

You will need to pack **3 breakfasts and 4 lunches**.

Variation in taste makes it most practical for each participant to pack his or her own breakfast and lunch food. These are easy but should be calculated carefully. 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 (goo gels, chocolate, etc.)
Energy bars may take the place of gorp or candy
-1 drink mix for 2 days

ASI PROVIDES

Ropes and all other climbing gear, climbing helmets (if you don't own your own), first-aid, emergency, and repair kits, shelters, stoves, cook kits, and 3 mountain dinners.