



MT. SHASTA STEEPS EQUIPMENT LIST

ASI has pioneered an ultra-light, yet very comfortable method of ski travel. These systems were originally developed for the Sierra High Route and similar Mt. Shasta Tours.

Going light with the correct application of techniques increases safety, reduces fatigue and adds to overall the enjoyment of this incredible tour, an experience of a lifetime. Please consider adjusting and/or updating your gear to best match this style of travel.

SKIING GEAR

Alpine Touring Skis - preferably 75mm or wider at waist, 80mm – 90mm are guide's favorite.

Alpine Touring Bindings (Fritschi, Silveretta, Dynafit or Naxo are most popular)

- or -

Telemark Skis – preferably 75mm or wider at waist, 80mm – 90mm are guide's favorite.

Telemark Binding – preferable a telemark touring binding allowing resistance-free pivot for touring (Black Diamond 01, G3 Targa Ascent or Targa Ascent SS, 7th Power Tour, Rotrefella NTN, Voile Switchback)

In general, releasable bindings may increase your chances of surviving an avalanche. If you choose to use non-releasable telemark or snowboard bindings, you must accept the additional risk.

Ski brakes recommended over safety straps (binding dependent)

Alpine touring boots or heavy-duty telemark boots

Ski poles – adjustable length (optional)

Climbing skins – maximum width to shape of ski recommended

Ice axe - 50-60cm recommended (no longer than 70cm, ultra-light ok)

(included with course, reservation required)

Light ski mountaineering harness

(included with course, reservation required)

1 Locking screwgate carabiner, small pear shaped best

(included with course, reservation required)

Boot crampons *(included with course, reservation required)*

Ski crampons

Ski strap – to carry skis

Ski Helmet (optional, recommended) – CAMP makes a combination ski and climbing rated helmet

*High quality Rentals available at **The Back Country** (reservation required – 530-582-0909)*

SNOW SAFETY GEAR

Avalanche transceiver (457 kHz) with fresh batteries, probe and shovel

(included with course, reservations required)

SKI CAMPING GEAR

Ski Mountaineering/Ascent Pack (40-50 liter) with a strap system to carry skis, such as Black Diamond Quantum or Predator (Black Diamond Anarchist with Avalung optional,

but recommended) - **or** - Lowe Alpine Attack 50 liter (*included with course, reservation required*)

Sleeping Bag: 20° F light down (ideally under 2 lbs.)

0° F bulky sleeping bags not recommended

Small sil cloth compression stuff sack recommended

Light Thermarest or closed cell foam (3/4 length – full length thick, bulky pads not recommended) Experts often use their light pack under their torso or feet to supplement a ¾ length pad, plus extra clothing to sleep on.

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light merino wool or capilene zip T-neck

Merino wool or capilene briefs

Merino wool or capilene light long johns

Ski socks – wool/nylon blend or similar (2 pr.)

Outer layers:

Soft-shell jacket (lightly insulated) or fleece pullover or full zip

Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric)

- Patagonia, Marmot or similar

Light puff jacket (nylon with synthetic insulation)

Light outer shell (waterproof/breathable jacket and pants)

Light wool or fleece hat

Fleece neck gaiter for storm conditions

Sun hat – with visor

Gloves – medium weight ski gloves and light gloves for spring conditions

Light down or fiberfill booties (optional, many experts change socks and wear their inner boots in the tent and/or use their outer shells for quick bathroom trips)

Bandana

This is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

MISCELLANEOUS

1-2 Liter water container (wide-mouth lexan recommended) or hydration system (with soft hydration bladder, an additional hard Lexan 1 Liter bottle is recommended for camp use). Bottle can be refilled during the day at open water and snow can be added for solar melting.

Cup – large enough for a 16oz. serving. Examples include: soft, flexible 2-cup measuring cup, plastic Tupperware, zip-lock container with lid or Platypus hydration bladder cut and taped to form a 16-20oz. folding cup (avoid heavy thermal mugs).

Lexan spoon

Water purification – Iodine tablets or tincture of iodine in small plastic dropper bottle

Sunglasses with retainer

Goggles with light lenses for storm conditions

Sunscreen – 30 SPF or greater (small amount in squeeze bottle)

Lip balm – 30 SPF or greater

Small personal first aid kit – band-aids, moleskin, tape, aspirin, antacid tablets

Toothbrush and toothpaste - small tube

2 moist towelettes (anti-bacterial recommended or anti-bacterial gel in a tiny squeeze bottle)

Toilet paper in zip-lock bag with matches

Lightweight headlamp with fresh batteries

Butane lighter

Small pocket knife

Camera (optional)

Small 2-way FRS radio (optional)

ASI PROVIDES

All group guiding equipment, Ortovox avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits, shelters, ground cloth, stoves, cook kits, and 2 dinners.

FOOD

Variations in tastes 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. You will need to pack 1 breakfast and 2 lunches. 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 lowfat 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 electrolite replacement drink mix per day (optional, but recommended)

Alpine Skills International

11400 Donner Pass Rd.

Truckee, CA 96161

www.alpineskills.com

asi@alpineskills.com

530-582-9170 office 530-582-9175 fax