



## 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.