



## MT. SILL TO THUNDERBOLT PEAK TRAVERSE V 5.6 EQUIPMENT LIST

### PERSONAL GEAR

**Pack** - Travel light enough to be able to use approx. 40-50 liter top loading, hip carrying, alpine climbers pack. Climbers must choose gear carefully to climb with very light, small packs on the route, ideally with a removable folded bivy pad in back. Pack should have necessary straps to carry an ice axe and crampons.

**Sleeping Bag** – Very light down, 30° F, 1 lb. -1 ½ lbs best, 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 not recommended. Can be used at high camp, then bivy pad from pack for climb.

### CLIMBING GEAR

**Footwear** – Light alpine boots such as La Sportiva Trango S Evo GTX ([www.sportiva.com/products/prod/274](http://www.sportiva.com/products/prod/274)) or similar.

**Climbing Harness** - Your harness must fit correctly with any possible clothing combination - with belay loop and gear loops recommended.

*(Rentals available, reservations required)*

**Climbing Helmet** - CE approved, bring your own or ASI will provide one *(Reservations required)*.

**Ice Axe** – ultra light ok, 50cm *(Rentals available, reservations required)*

**Crampons** – ultra light ok *(Rentals available, reservations required)*

**2 locking screwgate carabiners** - bring your own or ASI will provide them *(Reservations required)*.

**1 belay/rappel device** – (ATC, Guide, Reverso or similar), bring your own or ASI will provide one *(Reservations required)*.

**1 single length sewn runner**, bring your own or ASI will provide one *(Reservations required)*.

### 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)

Light puff layer (nylon with light synthetic insulation, hood optional)

Rain layer – very 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 light pair

Bandana

### MISCELLANEOUS

1-Liter Water container (can refill on route)

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  
Insect Repellent - maximum strength (for early season ascents)  
Small Personal First-Aid Kit - bandaids, moleskin, aspirin, first aid tape, antacid tablets  
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 40-50 liter \$20.00

Climbing Harness \$12.00

## **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.

## **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 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 3 breakfasts and 4 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 drink mix for 2 days

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