



SHASTA MOUNTAINEERING SCHOOL OVERNIGHT EQUIPMENT LIST FOR SUMMIT CLIMBS

MOUNTAINEERING EQUIPMENT

1. **Mountaineering Boots.**

Leather hiking/backpacking boots are **not** acceptable. Mountaineering boots can be rented from the 5th Season in Mt Shasta City. For spring/early summer trips, a double plastic of heavy weight insulated synthetic mountaineering boot is recommended. For summer trips, a summer mountaineering boot will work.

Spring/early summer example: La Sportiva Nepal Evo.

Summer example: La Sportiva Trango.

2. **Gaiters.**

Gaiters should fit mid-calf. It is important to make sure they fit over your mountaineering boots.

3. **Crampons (We can provide).**

12-point steel mountaineering crampons are required. The fit compatibility with your mountaineering boot is very important.

4. **Climbing helmet (We can provide).**

The helmet must be designed for mountaineering or rock climbing. Ski or bike helmets are not acceptable.

5. **Ice axe (We can provide).**

60-75cm in length, the length of the axe depends on your height.

6. **Adjustable hiking poles (We can provide).**

The poles must be adjustable. Adjustable backcountry ski poles will also work.

7. **Backpack (We can provide).**

An internal frame backpack between 60-80 liters in volume and designed for overnight backpacking or mountaineering.

8. **Sleeping bag (We can provide).**

Down or synthetic insulation. Rated down to at least 15°F is required.

9. **Sleeping pad (We can provide).**

Either a closed cell foam or inflatable pad is required for a good night's sleep.

10. **Climbing harness (We can provide).**

A, alpine climbing harness that is easily packable is best. A rock climbing harness will also work.

11. **Headlamp (We can provide).**

Fresh batteries.

12. **Large locking carabiner (We can provide).**

13. **Sunglasses.**

Dark polarized lenses with some side wrap is required.

14. **Two 1-liter wide mouth water bottles (We can provide).**

15. **Insulated mug (We can provide).**

16. **Lightweight bowl and eating utensils (We can provide).**

CLOTHING

1. **2 pairs of mid-weight insulated socks.**

Wool or synthetic, such as the Icebreaker brand.

2. **Underwear.**

Anything will work but our preference is lightweight wool because it helps reduce the likelihood of chaffing.

3. **Base layer bottoms.** Lightweight and wool or synthetic.

4. **Base layer top.** Lightweight and wool or synthetic.

5. **Mid layer top.** Midweight fleece, or some other wool/synthetic insulating layer.

6. **Waterproof pants.**

Useful if there is rain in the forecast. They are also useful for glissading, and adding extra layering in a poor weather. It is highly recommended that your pants are not insulated.

7. **Water resistant pants.**

We recommend a lightweight breathable soft shell pant with a trim fit, designed specifically for alpine climbing. Loose fitting and heavily insulated ski pants are highly discouraged and in most cases are not acceptable. A tighter athletic fit will help keep crampons spikes away from loose pant cuffs at your ankles, which is always a common source of tripping among experience and inexperienced

mountaineers alike. Pants like the Black Diamond Technician Alpine Pants are good pants for summer mountaineering on Mt Shasta, Rab also makes a good selection of soft shell pants.

8. Heavy weight down insulated jacket.

A heavy fill down jacket is a critical item any time of the year when climbing Mt Shasta, and you will not regret a thicker down jacket. It should be lightweight, packable and designed for mountaineering. A lightweight down sweater like the Patagonia Nanopuff is not sufficient. You might consider pairing two medium fill down jackets together. The purpose of the heavy weight down jacket is to immediately trap and retain body heat while we are taking breaks during the early morning hours of our summit attempt.

9. Short sleeve shirt.

Lightweight, and wool or synthetic. The air temperatures on the lower mountain can be very warm.

10. Face buff or balaclava.

To keep the head and ears warm. The face buff also helps keep the wind off your face.

11. Lightweight liner gloves.

Useful around camp or when hiking without an ice axe in your hand. Liner gloves can also be used to add extra insulation when paired inside of a leather mountaineering glove.

12. Two pairs of mid-weight insulated leather mountaineering gloves.

Gloves are a critical piece of mountaineering equipment. Rather than purchasing a single expensive heavyweight pair of gloves that lack dexterity and are your only reliable pair of gloves, you might consider purchasing two pairs of mid-weight leather mountaineering gloves.

If one pair of gloves get wet, you have a backup pair stored in your backpack. If you lose a glove, you also have another backup set. Medium weight gloves are also better for dexterity when holding an ice axe and working with ropes.

The Black Diamond Patrol or Black Diamond Spark gloves are good examples of gloves that suit most people well on Mt Shasta. The Black Diamond Guide Gloves are likely to be too thick, bulky, and too much insulation for most people while climbing Mt Shasta, especially when being physically active. If you suffer from circulation problems, consider the Black Diamond Guide Gloves for Mt Shasta in the spring and summer.

13. Warm hat.

A thicker wool beanie is ideal for sitting around camp, but it won't fit under your helmet. If you're concerned about a cold head or cold ears, consider a thin skull cap style beanie. A neck gaiter also pairs well underneath mountaineering helmet

straps.

14. Sun hat or ball cap.

The sun and heat on Mt Shasta can be just as intense as the cold. A sun hat is a required piece of equipment for all climbs. Consider synthetic material so it dries quickly.

PERSONAL ITEMS

1. Toilet paper.

We will pack out all our human waste. We will provide human waste pack out bags.

2. Garbage bag.

Can be used for helping with packing out human waste, as a pack liner, or emergency poncho. At least one plastic garbage bag can be a good multipurpose item to have. Be careful not to let it accidentally blow away on the mountain.

3. Personal kit.

Tooth brush, blister kit, medications, and very small first aid kit.

4. Sunscreen with greater than 30SPF.

5. Lip balm with SPF.

6. Earplugs.

Optional, but we will be sharing tents as a climbing team.

7. Zip lock bags.

For packing out trash, and many other useful functions.