



SHASTA MOUNTAINEERING SCHOOL OVERNIGHT EQUIPMENT LIST FOR SKI MOUNTAINEERING TRIPS

SKI SPECIFIC EQUIPMENT

1. Alpine Touring Skis or Splitboard.

95 to 105mm is the ideal waist size of the size of the ski. Snowboarders renting without prior splitboard experience should spend several days practicing with their equipment prior to participating in a guided trip due to the unique intricacies of each different splitboard setup.

2. Alpine Touring Boots.

All ski boots must be alpine touring orientated boots. A lightweight 2 or 3 buckle alpine touring ski boot is ideal. Resort ski boots are not acceptable. The fit compatibility with your crampons is very important. If in doubt, please call us to confirm crampon compatibility with your ski boots.

3. Alpine Touring bindings.

Modern Dynafit-style pin bindings are now the standard. Older frame bindings and tele bindings are acceptable, but heavy and disadvantageous.

4. Adjustable Ski Poles (We can provide).

Backcountry-focused adjustable ski poles are required. Trekking poles will also work, but they must have wide ski basket installed.

5. Climbing Skins.

The metal edge of the ski should be showing. However, the base of the ski should not be exposed. The skin should cover approximately 85% the length of the ski. The skin length coverage at the tip and tail is not as important for traction as the horizontal skin coverage closer to the binding. The bodyweight underneath the ski boot engages the climbing skin onto the snow surface.

6. Ski Crampons.

Ski crampons are a critical piece of equipment for Mt Shasta and it is required. Alpine touring ski binding manufacturers all make their own proprietary ski crampon system to fit their bindings.

7. Ski Strap.

Such as the Voile brand. This is to strap our skis together when carrying them on our backpacks.

8. Ski goggles.

Ski goggles are optional. We recommend descending in sunglasses, but ski goggles can help block wind and give a wide field of view. Ski goggles are usually only used for the descent and are not intended to be used for the climbing portion of the trip.

9. 2 pairs of ski socks.

Two very thin pairs of lightweight ski socks that rise above the calf. The ski boot provides the remaining insulation. Thick insulated socks will be the source of heat, friction, and blisters.

10. Avalanche transceiver, shovel, and probe.

Required for all ski trips. The shovel must be an aluminum avalanche rescue-designed shovel. All of this equipment can be rented from the 5th Season in Mt Shasta. Treat your avalanche transceiver with care as it contains sensitive electronics and fragile ceramic antennas.

MOUNTAINEERING EQUIPMENT

1. Crampons (We can provide).

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

2. Climbing helmet (We can provide).

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

3. Ice axe (We can provide).

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

4. Backpack (We can provide).

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

5. Sleeping bag (We can provide).

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

6. Sleeping pad (We can provide).

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

7. Climbing harness (We can provide).

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

8. Headlamp (We can provide).

Fresh batteries.

9. **Large locking carabiner (We can provide).**
10. **Sunglasses.**
Dark polarized lenses with some side wrap is required.
11. **Two 1-liter wide mouth water bottles (We can provide).**
12. **Insulated mug (We can provide).**
13. **Lightweight bowl and eating utensils (We can provide).**

CLOTHING

1. **Underwear.**
Anything will work but our preference is lightweight wool because it helps reduce the likelihood of chaffing.
2. **Base layer bottoms.** Lightweight and wool or synthetic.
3. **Base layer top.** Lightweight and wool or synthetic.
4. **Mid layer top.** Midweight fleece, or some other wool/synthetic insulating layer.
5. **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.
6. **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.
7. **Short sleeve shirt.**
Lightweight, and wool or synthetic. The air temperatures on the lower mountain can be very warm.

8. **Face buff or balaclava.**

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

9. **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.

10. **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.

11. **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.

12. **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.