



**MT. SHASTA (14,162') CASAVAL RIDGE  
EQUIPMENT LIST**

**CLIMBING GEAR**

**Boots** – warm, waterproof yet light-weight high altitude mountaineering boots such as Mad Rock Alpinist

([http://www.madrockclimbing.com/products/product.asp?\\_item=100013](http://www.madrockclimbing.com/products/product.asp?_item=100013)) or similar or plastic double mountaineering boots

**Gaiters** – low, high or rubber-randed supergaiters or in-the-pants gaiters with a cord under the boot instep

**For Winter Ascents (Nov – April)**

**Snowshoes** – with aggressive crampons and free-hinge bindings such as MSR, Tubbs or similar (*rentals available, reservation required*)

**Ski Poles** - 3 section collapsible

- or -

**Short Approach Skis** (120-160cm) with touring bindings to fit mountaineering boots and climbing skins (*for experts only*)

**Ski Poles** - 3 section collapsible

**Climbing Harness** with adjustable leg loops that will fit correctly with a variety of clothing layers (*rentals available, reservations 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*)

1 Locking screwgate carabiner, small pear shaped best (*included with course, reservation required*)

Climbing Helmet - (UIAA approved) bring your own or ASI will provide one (*no reservations necessary*)

**SNOW SAFETY GEAR**

Avalanche transceiver with fresh batteries, probe and shovel if you own them otherwise, will be provided by ASI

**BIVY GEAR**

Pack – light mountaineering alpine Ascent Pack (50-60 liters). Pack such as Black Diamond Quantum, Predator or similar.

Sleeping Bag - down recommended, warm to 15° or 20° should weigh less than 2 ½ lbs. Small sil cloth compression stuff sack recommended or use smallest stuff sack possible.

Sleeping Pad – ¾ length light Thermarest® or Ridgecrest®. *Experts often use their light pack under their feet to supplement a ¾ length pad.*

**CLOTHING**

**Next to skin layers:**

Short sleeve T-shirt – light merino wool or capilene

Long sleeve merino wool or capilene zip T-neck

Merino wool or capilene briefs

Merino wool or capilene light long johns

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

VBL or Noeprene socks

*(optional but recommended, plastic bags can work as VBL socks)*

### **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, Mammut or similar  
Puff jacket - nylon with synthetic insulation such as Patagonia Micro Puff, DAS Parka or Mammut Stratus Hooded Jacket  
Light outer shell - waterproof/breathable jacket and pants  
(*puff pants such as Patagonia Micro Puff Pants*)  
Wool or fleece hat  
Fleece neck gaiter or balaclava face mask for storm conditions  
Gloves – heavy weight, warm gloves such as Black Diamond Guide or Patrol mit and liner gloves over mittens over gloves may be useful for extremely cold conditions  
Light down booties (optional)  
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-Liter water container or hydration system  
12-24oz. Lexan cup  
Lexan spoon  
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 – bandaids, moleskin, tape, aspirin, antacid tablets  
Toothbrush and toothpaste - small tube  
Toilet paper in zip-lock bag with matches  
Light headlamp with fresh batteries (Petzl Teka or similar)  
Reusable or disposable hand warmers and foot warmers – 2 pr. Such as Hot Hands 2®  
Butane lighter  
Small pocket knife  
Camera (optional)  
Small 2-way FRS radio (optional)

### **RENTALS FROM ASI** (prepaid reservations required)

<b>ITEM</b>	<b>1-3 DAYS</b>
Ice Axe	\$8.00
Crampons	\$10.00
Pack (50 liter)	\$20.00
Plastic Double Mountain Boots	\$20.00
Climbing Harness	\$8.00
Snow Shoes	\$20.00
Ski poles	\$3.00

### **ASI PROVIDES**

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

### **FOOD**

Two prepackaged dinners will be provided by ASI. Variations in tastes make it most practical for each participant to pack his/her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack two breakfasts and three 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 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 (dextrose, chocolate, lemon drops, etc.)  
Energy bars may take the place or gorp or candy)
- 1 drink mix for 2 days

*Measure and prepackage your food carefully. Try to use this as a guideline; it is important to bring enough but not too much. To us going light is very important. We want to take the time to teach you how a well planned system is not only highly efficient but can make travel in the mountain safer, more comfortable and far more enjoyable.*

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