



**ALPINE MOUNTAINEERING CAMP
TIOGA PASS, SIERRA NEVADA
EQUIPMENT LIST**

The first 2 days are spent based from a comfortable car camp, providing easy access to day trips. The second 2 days involve an overnight high camp requiring light-weight equipment.

PERSONAL GEAR

Packs

- 1) Day Climbing Pack, approx. 30 liters (1,800 cu. in.). Top loading with necessary straps to carry an ice axe and crampons such as [Black Diamond Speed 30](#), or similar.
- 2) Overnight Climbing Pack, approx. 50 liters (3,000 cu. in.) such as [Black Diamond Quantum](#), [Black Diamond Predator](#) or similar.

It is possible to do the entire trip with 1 pack, approx. 40-50 liter.

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). An example of an ideal bag would be [Western Mountaineering UltraLite](#)

Sleeping Pad - 3/4 length light Thermarest® or closed cell foam, bulky pads not recommended. An ultra-light, comfortable and warm pad is the [Thermarest NeoAir](#)

CLIMBING GEAR

Footwear – Light alpine mountaineering boots such as [La Sportiva Trango S Evo GTX](#) or similar.

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

(Included with course, reservations required)

We recommend [Petzl Adjama](#), [Black Diamond Momentum AL](#), [C.A.M.P. AIR CR](#), or similar.

Climbing Helmet - CE approved such as [Black Diamond Half Dome](#), [Petzl ELIOS](#) or similar. Bring your own or ASI will provide one *(Included with course, reservations required)*

Ice Axe – 60-70cm *(Included with course, reservations required)*

We recommend [Petzl SNOWRACER](#), [Black Diamond Raven Pro](#), or similar

Crampons – 12 point steel or aluminum. *(Included with course, reservations required)*

Binding must be compatible with boot type.

We recommend [C.A.M.P. XLC 470](#), [Petzl VASAK](#), [Black Diamond Sabre Tooth Pro](#), or similar.

2 Locking Screwgate Carabiners – Pear-shaped best. Bring your own or ASI will provide them. *(Included with course, reservations required)*

We recommend [Petzl ATTACHE 3D](#), [Black Diamond Mini Pearabiner](#), or similar.

1 Belay/Rappel Device – Bring your own or ASI will provide one

(Included with course, reservations required)

We recommend [Black Diamond ATC](#), [ATC-Guide](#), [Petzel VERSO](#), or [REVERSO 3](#)

1 Single Length Sewn Runner, bring your own or ASI will provide one

(Included with course, 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 such as [Patagonia Guide Jacket](#), fleece pullover, or similar.

Light soft shell mountain pants (AKA “guide pants” - synthetic stretch woven fabric) such as [Mammut Champ Pants](#), [Patagonia Simple Guide Pants](#), or similar.

Light puff layer (nylon with light synthetic or down insulation, hood optional) such as [Patagonia Down Sweater](#).

Rain layer – light waterproof/breathable jacket (and pants optional) such as [Patagonia Rain Shadow Jacket](#).

Boot socks - wool/nylon blend or similar

Light wool or fleece hat

Sun Hat - with visor or brim

Gloves - 1 light pair with reinforced contact grip

Bandana

MISCELLANEOUS

1-Liter Water container – Nalgene wide mouth, BPA-free (can refill often on route)

Spoon - Lexan plastic best

2-Cup (16 oz.) Lexan mug such as [GSI Infinity Insulated Mug](#) or Plastic Bowl and Cup such as [GSI Ultralight Nesting Bowl + Mug](#)

Water Purification – Iodine tablets, tincture of iodine in small plastic dropper bottle
Use Emergen-C® to neutralize iodine taste.

Sunglasses with Retainer

Sunscreen - 50-70 SPF or greater recommended (dispensed into a small squeeze bottle) such as [Hawaiian Tropic Ozone Sport](#), [Neutrogena Ultimate Sport](#), or similar

Lip Balm – 50+ SPF or greater recommended

Insect Repellent - maximum strength (for early season ascents)

Very Small Personal First-Aid Kit (optional)

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 such as [Petzl TIKKA PLUS](#), [E+Lite](#), or similar.

Butane Lighter

Very Small Pocket Knife (light-weight)

Camera (digital or film, optional)

EQUIPMENT RENTAL FROM ASI

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 **(530-582-9170)**.

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 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 4 dinners.

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