



GOLDEN STATE GUIDING

MOUNT SHASTA EQUIPMENT LIST

Below is the minimum equipment list for climbing Mount Shasta

Need	Packed	
x		Snowshoes (conditions dependant)
x		Mountainieering Boots
x		Crampons
x		Backpack (minimum 40 liters)
x		Trekking Poles with Snow Baskets
x		Sleeping Bag & Liner (0-20 degree preferred)
x		Inflatable Sleeping Pad (R-rating, over 5 preferred)
x		3/4 Season Tent or Bivy Sack
x		Pillow
x		Sunglasses
x		Goggles (conditions dependant)
x		Warm Hat/ Beanie
x		Sun Hat
x		Gloves
x		Insulated Jacket (puffy)
x		Fleece Top
x		Base Layers (top and bottom)
x		Hard Shell Jakcet and Snow Pants
x		Extra Socks (ESSENTIAL!)
x		Gaiters
x		Headlamp & Extra Batteries
x		Sunscreen
x		Eating Utensils (Plate, Spork, Cup) & Toiletries
x		Stove, Fuel, & Lighter
x		Handwarmers
x		Water Bottles (minimum 2 liters)
x		Food (a meal plan template will be provided)
x		Cell Phone + Charger
x		After Trip Clothes (left in car)

Golden State Guiding can provide the below equipment

Need	Packed	
x		Beacon, Shovel, Probe
x		Ice axe
x		Harness
x		Locking Carabiners
x		Helmet

Need	Packed	Optional (program dependent)
		Belay Device
		Ice Screws
		Snow Pickets
		Dry Treated Rope
		Alpine Rack
		Cordelette (18-20 in.)
		Runners
		Ski or Splitboard with Climbing Skins
		Ski or Splitboard Boots
		Ski or Splitboard Crampons
		Ski or Splitboard Boot Crampons
		First Aid Kit
		Utility Knife
		Ski Repair Kit
		Map & Compass
		Communication Device
		Walkies
		Ski/ Splitboard Wax