



GOLDEN STATE GUIDING

MOUNT SHASTA EQUIPMENT LIST

Below is the minimum equipment list for skiing & splitboarding Mount Shasta

Need	Packed	
X		Ski or Splitboard with Climbing Skins
X		Ski or Splitboard Boots
X		Ski or Splitboard Crampons
X		Ski or Splitboard Boot Crampons
X		Backpack (minimum 50 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 Jacket and Snow Pants
X		Extra Socks (ESSENTIAL!)
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
		First Aid Kit
		Utility Knife
		Ski Repair Kit
		Map & Compass
		Communication Device
		Walkies
		Ski/ Splitboard Wax