



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Mount Shasta Summit Climb

It is extremely important to the success and safety of your course that you bring all the items listed below. The weather on Shasta can be either warm or very windy and cold. Be prepared to encounter all types of conditions. Any questions give us a call at: 877-686-2546

*The items noted with an * can be provided by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

Mountaineering boots are available for rent from the Fifth Season in Mt. Shasta City (530-926-3606). The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

Equipment



Backpack ***(We can provide)**

An internal frame backpack 60-80 liters in size. Make sure it fits to your specifications

Example: [Osprey Aether Pro 70](#) or [Osprey Ariel Pro 65](#)



Sleeping Bag ***(We can provide, \$25 cleaning fee applied)**

Rated -5° to 10° is ideal. Down or synthetic, but down is much lighter and a better performer. The more fill power the better 850 will perform better than 650 fill power.

Example: [Marmot Wind river -10° Sleeping Bag](#) or [Nemo™ Sonic Down Sleeping Bag](#)



Sleeping Pad ***(We can provide)**

A must for peaceful sleeping. Either full length or ¾ length. Either closed cell or inflatable.

Example: [Therm-a-Rest NeoAir® Xlite™ Sleeping Pad](#) or [Therm-A-Rest](#) or [Therm-a-Rest Z lite Sol™](#) and [Original Z lite™](#)



Adjustable Ski Poles ***(We can provide)**

Choose a lightweight pole with wide baskets on the end. Must be adjustable.

Example: [Black Diamond Compactor Ski Poles](#) or [Black Diamond Traverse Ski poles](#)



Helmet ***(We can provide)**

A climbing helmet is required, a bike helmet will not do. There are some very comfortable lightweight helmets on the market now.

Example: [Black Diamond Vapor Helmet](#) or [Petzl Meteor Helmet](#)



Boots **(Can be rented from The Fifth Season gear shop in Shasta)**

You need a highly insulated stiff mountaineering boot. Either a leather or synthetic boot. Regular hiking boots won't do.

Example: [La Sportiva Nepal Evo GTX](#) or [ASOLO AFS 8000](#)



Crampons ***(We can provide)**

A 10 or 12 point mountaineering crampon. Check sizing with your boots. Rigid ice climbing crampons are not recommended.

Example: [Black Diamond Snaggletooth Crampon](#)



Ice Axe ***(We can provide)**

Should be designed for mountaineering. Length depends on your height and intended use. For mountaineering the axe should hang a few inches from the ground when held comfortably in your hand from the head.

Example: [Black Diamond Raven Pro Ice Axe](#)



Harness ***(We can provide)**

A lightweight climbing harness that is easily packable.

Example: [Black Diamond Couloir Harness](#)



Headlamp ***(We can provide)**

It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.

Recommended: [Black Diamond Sprint 225 Headlamp](#)



1 Locking Carabiner

Must be pear shaped.

Example: [Petzl Attache](#)



Full Wrap Sunglasses or Glacier Glasses

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate.

Example: [Julbo Montebianco](#)



Three- 1 Liter Wide Mouth Water Bottles ***(We can provide)**

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles. No tubing features they will freeze.

Recommended: [Nalgene 1-liter Wide Mouth Bottle](#)



Insulated Mug ***(We can provide)**

Having a mug for hot coffee, tea, or coco in the morning and evenings will be a good boost to morale and warm your inner core.

Recommended: [GSI Outdoors Infinity Backpacker Mug](#)



Lightweight Bowl and Spork ***(We can provide)**

Enjoy delicious gourmet backcountry meals prepared by your guide.

Example: [MSR DeepDish Bowl and Folding Utensils](#)

Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

Example: [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



Outer Waterproof Shell Pant

Must be waterproof and breathable with side zippers.

Example: [Patagonia Rainshadow Pant Men's and Women's](#)



Gaiters

A pair of gaiters that come up to at least your knees. Make sure they fit over your boots.

Example: [Outdoor Research Verglas Men's and Women's](#)



Insulated Glove- Heavy Weight

High elevations will be chilly get moving quick with a nice insulated pair of gloves. Water resistance, wind proof, and highly insulated.

Example: [Black Diamond Pursuit Gloves](#)



Lightweight Glove

Have extra protection and more dexterity with a pair of Lightweight gloves. Fleece or soft shell is fine.

Example: [Black Diamond lightweight fleece gloves](#)



Climbing Pant (soft shell)

A lighter weight non-waterproof pant that breaths much better than waterproof pants. This is what you will probably be wearing most of the time.

Example: [Outdoor Research Cirque II Pant](#) or [Patagonia Simul Alpine Pant](#)



Midweight Long Underwear Base Layer Bottom

Choose a synthetic or wool. Cotton will not be acceptable.

Example: [Ridge Merino Men's Aspect Midweight Merino Wool Base Layer Bottom](#) or [Patagonia Women's Capilene® Thermal Weight Bottoms](#)



Midweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

Example: [Under Armour Women's Coldgear® Authentic Mock](#) or [Under Armour Men's Coldgear Base 4.0 Crew](#)



Insulating Layer- Lightweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

Example: [Patagonia Women's and Men's R1® Fleece Pullover](#)



Insulated Down or Synthetic Jacket

Down or synthetic fill puffy parka. Down is lighter. Weather in can vary more fill allows for a warmer jacket.

Example: [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



Warm Hat

A wool or synthetic hat that's not too bulky.

Example: [Black Diamond Merino Beanie](#)



Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

Example: [Patagonia P-6 Logo LoPro Trucker Hat](#)



Synthetic T-Shirt

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

Example: [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



2 Pairs of Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

Example: [Darn Tough Hiker Micro Crew Cushion](#)



Underwear

No cotton, synthetic fabrics only. Lightweight is good, number of pairs are dependent on your comfort and trip length.

Example: [Exofficio Women's Give-N-Go 2.0 Sport Mesh](#) or [Saxx Quest](#)

Other Items

Gear that will make your trip run a lot smoother.

Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

Buff or Bandana

Good for the hot approach for neck protection and sweat control.

Sock Liner

Have a few pairs of liners. Double insulated boots can fit differently than normal. They are also good for doubling up at night.

Toilet Paper

A small amount depending on the length of your hike you will likely not need a whole roll.

Baby Wipes

Great for washing up after the day but must be packed out.

Lighter

For burning toilet paper.

A Couple Small Ziploc Bags

For packing trash out and keeping important items clean.

Small Personal Kit

Personal medications, toothbrush, small amount of toothpaste, blister kit, etc. (the guide will have a full first aid kit)

Camera (optional, but you'll want one!)

Pocket sized is best. Of course, a smart phone will suffice.

Foam Ear Plugs

For wind and tent mate noise.

Map of Area- Mt. Shasta Topo (optional)

Always good to carry a map of your destination.

Stuff Sacks

For organization of pack contents.

Trash Bag (Optional)

Can be used as a pack cover and/or keeping clothes dry when in your tent.

Ski Goggles

Must also have full wrap sunglasses or glacier glasses for when your warm and do not want to wear goggles.

Pocket Knife

Swiss Army type knife.

Lunch Food and Snacks

On this trip we will provide breakfast and dinner. Please bring lunches and snacks for all of the trip days. Bring a blend of protein and carbohydrates. We can accommodate special diets for dinners and breakfasts.

Typical layering on the summit of Mt Shasta on a cold day:

- Lightweight polypro underwear (top & bottom)
- Lightweight fleece sweater or wool shirt or heavyweight polypro top Down jacket
- Heavyweight synthetic or fleece pants
- Weatherproof shell garments- parka, pants (or bibs)

- Hat
- Gloves

A few words on packing light: We all want to do it, but really don't want to leave behind the essential items. So, the answer is to purchase lighter gear. The main items to pay attention to are the backpack and the sleeping bag. Shoot for 3.5-4.5 lbs. for the pack. Thinner hip pads, thinner fabric and less buckles all shave weight. The bag should be down and weigh about 2.5-3.5lbs. The lightest sleeping pads are the foam models. Thermarest also makes a lightweight line of air inflated pads. The pad can also be 3/4 length to save weight. For this option, use your pack at night to insulate your feet. Best of luck with your packing and give us a call if you have any questions! 1-877-686-2546