Mount Shasta Gear Checklist

2-Day Event

Climbing Equipment

	Description	Qu.
❒	Backpack, 4,500+ ci	1
❒	Ice Axe / Leash	1
❒	Crampons 10/12 Point	1
❒	Trekking Poles	1
❒	Harness	1
❒	Ascenders (left/right set)	2
❒	Locking Biners	2
❒	Biners	4
❒	Snow Picket (24/36 inch)	1
❒	Slings (48”)	2
❒	Spectra Runner (30 cm)	1
❒	Spectra Runner (60 cm)	1
❒	Pulley	2
❒	Belay/Rappel Device	1
❒	Helmet	1
❒	Rope [RT]	1

Base Camp

	Description	Qu.
❒	2-Man Tent *	1
❒	Tent Repair Kit [GRP]	1
❒	Shovel [GRP]	1
❒	Water Filter [GRP]	1
❒	Sleeping Bag (+20°f or cooler)	1
❒	Sleeping Pads	2
❒	Stove *	1
❒	Stove Stabilizer * (Opt.)	1
❒	Stove Repair Kit *	1
❒	Cook Pot (0.9/1.3 l) *	1
❒	Cup / Cover	1
❒	Utensils (spoon/knife)	1
❒	Lighter - Disposable	1
❒	Matches - wood w/striker	24
❒	General Purpose Soap *	1
❒	Fuel * (1/2 l / day / stove)	1.5

Personal and Safety

	Description	Qu.
❒	Glacier Glasses	1
❒	Medical Kit [RT]	1
❒	Toiletry Kit	1
❒	Hand Sanitizer *	1
❒	Hand/Toe Warmers (Opt.)	2
❒	Water Bottles / Jackets	1
❒	Hydration System (Opt.)	1
❒	SPF40+ Lip Protection	1
❒	SPF40+ Sunscreen (sm. tube)	1
❒	Skin Moisturizer (ounces)	1
❒	Small Hand Towel	1
❒	Bandanna	1
❒	Headlamp	1
❒	Spare Head Lamp [RT]	1
❒	Spare Batteries (24 hour)	1

Clothing - Upper Body

	Description	Qu.
❒	Long Sleeve / Lite Wt.	1
❒	Long Sleeve / Exp. Wt.	1
❒	Short Sleeve / Lite Wt.	1
❒	WindStopper Shell	1
❒	Gore-Tex Shell	1
❒	Parka / Vest (0°f rated)	1

Clothing - Lower Body

	Description	Qu.
❒	Performance Underwear	1
❒	Long Underwear / Lite	1
❒	Long Underwear / Exp.	1
❒	Gore-Tex Pants / Bib	1
❒	Schoeller Pants (Opt.)	1
❒	Zip-Off Pants	1

Clothing - Feet / Hand / Head

	Description	Qu.
❒	Socks - Lite Wt.	1
❒	Socks - Exp. Wt.	1
❒	Double Plastic Boots	1
❒	Boots / Approach Shoes	1
❒	Booties (Opt.)	1
❒	Mittens - Wool / Down	1
❒	Mittens - WindStopper	1
❒	Gloves - Insulated	1
❒	Gloves - WindStopper	1
❒	Gore-Tex Shells	1
❒	Hat - Wool / Fleece	1
❒	Balacava	1
❒	Hat - Baseball Cap	1
❒	Hat - Long Billed / Neck Cover	1

Miscellaneous / Optional

	Description	Qu.
❒	Compression Sacks	2
❒	Day Pack (2,500 ci)	1
❒	Camera / Film	1
❒	Journal/Pen/Cards/Games	1
❒	earplug	1
❒	pee bottle	1
❒	Plastic Bags (Large)	2
❒	Zip-lock Bags (Gallon)	2
❒	Zip-lock Bags Quart)	2
❒	Sitting Pad (18”)	1
❒	Altimeter / Compass [RT]	1
❒	GPS [RT]	1
❒	Two-Way Radio (5-mile) [RT]	2
❒	Lantern* (Candle / Iso-butane)	1
❒	Canteen* (Collapsible gal)	1

Food

	Description	Qu.
❒	Breakfast	3
❒	Dinner	2
❒	Dessert	1
❒	Lunch / Snacks	5
❒	Power Breaks	3
❒	Energy Drinks	5
❒	Spice (ounce)	1
❒	Hot Drinks (per cup)	9

NOTES:

All quantities are 1 per unit unless otherwise specified.

Abbreviations

ci . . . . . .Cubic Inches
l . . . . . .Liter
Lite . . . . . .Lite Weight
Exp . . . . . .Expedition Weight
Wt . . . . . .Weight
Opt . . . . . .Optional
* . . . . . .one per tent team
[RT] . . . . . .One per rope team
[GRP] . . . . . .One per group

This Gearlist is only used as a guide. Each individual is expected to evaluate their own needs to determine what gear additions or subtractions taken from this list.

Group Gear, Rope Team Gear and Tent Gear should be discussed amongst the affected team members to determine final quantities and for assigning load balancing.

Fuel consumption is estimated at 0.5 liter per day, per stove. If not using the water filter, consumption increases 150%. This may be exceeding real usage since we will be climbing in late summer and there may be significant running water found which only requires filtering. If using Iso-Butane, fuel consuption is 1 pound bottle per two days.