



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Shasta Ski Mountaineering Equipment List

It is extremely important to the success and safety of your course that you bring all the items listed below. The weather can vary dramatically. 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.*

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!

Ski Gear



Skis

Alpine touring or Telemark skis no wider than 105mm wide underfoot without too much tip and tail rocker.

Example: [Black Diamond Helio 88 Carbon Ski](#) or [Dynafit Tour 88 Ski Women](#)



Skins

Some ski manufacturers make skins precut for your skis. Otherwise they need to have coverage over most of the ski. The edge needs to be showing but no base showing between the edge of the ski and the skin for about 80% of the skis length.

Example: [Black Diamond Ascension STS Climbing Skin](#)



Bindings

Alpine touring or telemark bindings. For AT, the pin style toes are the lightest and tour the best, but there are other styles as well.

Example: [Salomon S/Lab Shift MNC 13](#)





Ski Boots

Lightweight 2-3 buckle touring boots are the best, but any alpine touring or Telemark boot will do.

Example: [Salomon S/lab MTN](#) or [Dynafit Hoji Pro Tour W](#)



Ski Crampons

Alpine Touring binding companies all make a ski crampon to fit their bindings. For Tele Bindings, there are some adapters that mount to your ski to slide a ski crampon on.

Example: [Dynafit Crampons 100MM](#)



Ski Poles

A lightweight pole is best. Adjustable is recommended.

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

Technical and Avalanche Safety Gear

We can provide all your technical and avalanche safety gear, if needed!



Avalanche Probe ***(We can Provide)**

A probe of 2-3 meters in length is fine.

Example: [Black Diamond Quickdraw Tour Probe 280](#)



Avalanche Transceiver ***(We can provide)**

A simple device with smooth features that you can use easily. Make sure to check the functionality of your transceiver prior to your trip and change batteries often.

Example: [Black Diamond Recon BT Avalanche Beacon](#)



Backcountry Shovel ***(We can provide)**

A lightweight and collapsible design for avalanche rescues.

Example: [Black Diamond Deploy Shovel](#)



Mountaineering Boot 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)**

You must have a short ice axe regardless of your height. No longer than 60cm, 50-55cm is preferred. Skiing with a long ice axe on your pack is not a good idea.

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



Harness ***(We can provide)**

A lightweight climbing harness that is easily packable.

Example: [Black Diamond Couloir Harness](#)



1 Locking Carabiners ***(We can provide)**

Must be pear shaped.

Example: [Petzl Attache](#)



Helmet ***(We can provide)**

A lightweight climbing helmet is necessary. Not a ski helmet!

Example: [Black Diamond Vector Helmet](#)

Other Gear

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](#)

Ski Strap



To connect your skis together. Makes traveling a little easier.

Example: [Black diamond Ski Strap](#)

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](#)

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



Enjoy delicious gourmet backcountry meals prepared by your guide.

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



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](#)



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](#)



Ski Goggles

A good fitting pair of goggles make sure to have glacier glasses or full wrap sunglasses as well so you can take your goggles off when you're hot.

Example: [Smith Showcase OTG Asia Fit](#) or [Giro Axis Goggle](#)



Backpack *(We can provide)

An internal frame backpack about 55 liters in size. Make sure it fits to your Specifications. Ice axe loops preferred.

Example: [Black Diamond Mission 55 pack](#)



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

Rated 15° to 25° 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: [Nemo Riff™ Women's 's Down Sleeping Bag](#) or [Marmot Helium 15° 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™](#)

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](#)



Ski Pant (soft shell)

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

Example: [Arc'teryx Shashka Pant](#) or [Patagonia Men's Powlayer Pants](#)



Outer Waterproof Shell Pant

Must be waterproof and breathable with side zippers.

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



Lightweight 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](#)



Lightweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

Example: [Ridge Merino Women's Aspect Merino Wool High Neck Top](#) or [Under Armour Men's Cold Gear® Fitted 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 the High Sierra can vary

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](#)



2 Pairs of Ski Socks

Very thin ski socks.

Example: [Eurosock Ski Lite](#)



Insulated Glove- Mid Weight

Water resistant and wind proof and highly insulated.

Example: [Black Diamond Spark powder Gloves](#)



Lightweight Glove

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

Example: [Black Diamond lightweight fleece gloves](#) or [Mammut Fleece Pro Glove](#)



Buff

Can be used for many things including a neck warmer and face mask

Example: [Buff Midweight Merino Wool](#)

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.

2 Pairs Polypro Liner Sock

Small Personal Kit

Personal medications, toiletries, blister kit, etc. (the guide will have a full first aid kit)

Lighter

For burning toilet paper.

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.

A Couple Small Ziploc Bags

For packing trash out and keeping important items clean.

Pocket Knife

Swiss Army type knife.

Stuff Sacks

For organization of pack contents.

Foam Ear Plugs

For wind and tent mate noise.

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.

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

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

Compass (optional)

For practice.

Journal (small and light notebook)**Down or Fleece vest****Lightweight Liner Gloves****Skin/Ski wax ("Glob Stopper" for the skins and glide wax for the skis)****Small Book**