

# Mt Shasta Summit Climb - Single Day Push

*Gear Guide / Packing List*

## Climbing Gear

- Mountaineering Boots** - Compatible Boots; Scarpa F1
- Trekking Poles** - Lightweight, Adjustable Poles with Baskets; BD Expedition 3 Poles
- Backpack** - Lightweight, Simple 35 Liter Pack that fits all of your layers, food, water & gear

## Avalanche Gear (conditions dependent)

- Avalanche Beacon** - Digital Avalanche Transceiver; Black Diamond Guide Recon BT
- Avalanche Shovel** - Collapsible, Aluminum Shovel; Backcountry Access BT2 Shovel
- Avalanche Probe** - Quickdraw Style Probe; Backcountry Access Stealth 300

## Technical Gear

- Climbing Helmet** - Dual Rated Helmet; Petzl Sirocco or Mammut Wall Rider
- Headlamp** - LED headlamp with fresh batteries; Petzl Actik Core
- Climbing Harness** - Light Alpine Harness; Petzl Altitude, Mammut Zephyr Altitude
- Two Locking Carabiners** - Petzl Attache, etc  
OR
- Triple Action Locking Carabiner** - Edelrid HMS Strike Triple FG Locking Carabiner
- Crampons, Steel** - Steel Crampons Compatible with Your Boots; Petzl Vasak
- Lightweight Ice Axe** - A light mountain Ax; Petzl Glacier, BD Raven Pro

## Head and Neck Layers

- Sun Hat** - A Baseball Hat; Blackbird Mountain Guides Logo Hat
- Sunglasses** - Dark Lens Glasses with Side Coverage; Julbo Shield
- Goggles** - Ski Goggles with a Storm Lens; Julbo Aerospace Reactive
- Warm Hat** - Lightweight Warm Hat that Fits Under Your Helmet;
- Neck Gaiter** - Light to Midweight Neck Gaiters; Buff or your favorite Face Masks

## Upper Body and Hand Layers

- Long Sleeve Base Layer** - Lightweight, Synthetic/Wool; Patagonia SunHoody
- 2 Insulating Top Layers** - Light to Midweight Insulation Layers; Patagonia R1 & NanoAir
- Puffy** - Midweight Down or Synthetic with Hood; Patagonia Fitzroy or similar
- Hardshell Jacket, Hooded** - Waterproof, Light, Gore-Tex, NOT insulated; Arc'Teryx Alpha FL
- Light Gloves** - Light to Mid Weight for Warm Temps; Flylow John Henry Gloves, BD Tour

- Midweight Gloves** - Mid to Heavy Weight for Cold Conditions; BD Legend
- Sports Bra** - Wool/Synthetic

### Lower Body and Foot Layers

- Socks** - Midweight Wool/Synthetic; Darn Tough Via Ferrata
- Underwear** - Wool/Synthetic
- Long Underwear** - Wool/Synthetic "Long Johns"; Patagonia Capilene Air
- Softshell Ski Pants** - Breathable, Weather Resistant Pants; OR Trailbreaker II
- Vented Hardshell Ski Pants** - (Conditions dependent) Waterproof Pants for Extreme Weather

### Food and Water

- Water Bottles** - 2L Capacity; 2x Nalgene 1L Bottle or 1 Nalgene plus Soft Bottle
- Soft Water Bottle 1.5L** - Flexible Water Bladder; Hydrapak Flux 1.5L
- Snacks** - Snacks and lunch for a full day of prolonged activity.

### Other Essentials

- Sun Screen** (SPF 30 minimum)
- Lip Balm** (with SPF)
- Hand Sanitizer**
- Toilet Paper**

### Optional

- First Aid/blister Kit**
- Chemical Hand Warmers**
- Hydration System** - Flexible Water Bladder with Hose; Hydrapak, Camelback, Platypus

### Group Gear

**Blackbird Mountain Guides will supply all of the group gear for the trip, including:**

- ✓ Ropes
- ✓ Snow Pickets (if required)
- ✓ Rock Protection (if required)
- ✓ Guide's First Aid Kits
- ✓ Wag Bags (Solid Human Waste Disposal Bags)