

# Shasta Ski Mountaineering Gear Guide

*Gear Guide / Packing List*

## Backcountry Touring Gear

- Alpine Touring Skis or Splitboard** - Light to Midweight Setup with “Tech Bindings”
- Alpine Touring Boots or Splitboard** Compatible Boots; Scarpa F1
- Ski Poles** - Lightweight, Adjustable Poles with Baskets; BD Expedition 3 Poles
- Climbing Skins** - Mohair Mix is Best; Black Diamond GlideLite Mohair Mix
- Ski Crampons** - Specific to your Skis/Board
- Ski Strap** - Voile Ski Strap or Similar

## Avalanche Gear

- 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/Ski Helmet** - Dual Rated Helmet; Petzl Sirocco or Black Diamond Vision
- 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
- Triple Action Locking Carabiner** - Edelrid HMS Strike Triple FG Locking Carabiner
- Double Length Sling** - Sewn Runner; Black Diamond 10mm Dynex Runner
- Belay Device** - Tube Style Belay Device; BD ATC Guide, Petzl Reverso
- Crampons, Steel** - Steel Crampons Compatible with Your Boots; Petzl Vasak  
OR **Crampons, Aluminum** - Aluminum Crampons, Compatible with Your Boots  
**Please ask your guide which is appropriate for your objective**
- Lightweight Ice Axe** - An ultralight Axe for Steep Terrain; Petzl Ride, BD Raven Ultra

## 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

## Camping & Backpacking Gear

- Sleeping Bag** - Down or Synthetic Rated to 0F-20F; Feathered Friends Egret UL 20
- Sleeping Pad** - Insulated Inflatable Air Mattress; Therm-a-Rest NeoAir X-Therm, X-Lite
- Compression Stuff Sack** - To Pack Sleeping Bag; Ultralight Compression Stuff Sack 10L
- Backpack** - Lightweight, Simple 50 Liter Pack; Patagonia Alpinist 50, BD Speed 50 - MUST FIT ALL OF YOUR GEAR AND FOOD

## Food and Water

- Dinner** - Your Favorite Freeze Dried or "Just-Add-Hot-Water" Meal for Each Night in the Field.
- Breakfast** - Your Favorite Freeze Dried or "Just-Add-Hot-Water" Meal for Each Morning in the Field
- Hot Drinks** - For After Dinner and During Breakfast; Instant Coffee, Decaffeinated Tea, Hot Cocoa, Tang, Whatever You Prefer
- Half Liter Nalgene Bottle** - A Hard Sided Water Bottled that Can Act as your Mug For Hot Drinks and WATER Bottle During the Climb; Nalgene 16oz Wide Mouth Bottle
- Soft Water Bottle 1.5L** - Flexible Water Bladder; Hydrapak Flux 1.5L  
\*\*\*Please bring at least one hard sided water bottle.
- Water Treatment or Filtration** - Katadyn BeFree Filter Connects to Hydrapak Flux Bottles

# **BLACKBIRD** MOUNTAIN GUIDES

- Bowl** - Reuse your Freeze Dried Dinner Bag as Your Bowl, or Bring Another
- Spoon** - 9" Long Handled Spoon (For Eating Food in a Bag); GSI Essential Spoon Long
- Snacks** - Snacks and Lunch food for each day of the trip

## **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:**

- ✓ Slingfin Tents (Designed and Headquartered in Berkeley, CA)
- ✓ Stoves
- ✓ Fuel for Stoves
- ✓ Ropes
- ✓ Snow Pickets (if required)
- ✓ Rock Protection (if required)
- ✓ Guide's First Aid Kits
- ✓ Wag Bags (Solid Human Waste Disposal Bags)