



Packing List and Other Gear Tips for Shasta Summits

Space is limited. Please pack in a SOFT duffel bag.

Required Clothing:

Head

- 1 Wool/Fleece hat or Balaclava
- Sunglasses*- necessary for Mt. Shasta Summit
- 1 Baseball Cap or hat for shade

Upper Body

- 2 Polypro Long Underwear Tops*
- 2 Fleece Jackets or Pullovers (this is an insulation layer and should not be cotton)
- 1 Rain Jacket*
- 4-5 Sports Bras (as needed)
- 1-pair Gloves or Mittens*
- 6 T-Shirts
- 1 Long Sleeved Cotton Shirt – for sun protection
- 1 Clean Shirt (for being seen in public)

Lower Body

- 1-pair Polypro Long Underwear Bottoms
- 1-pair Expedition Weight Bottoms / Fleece pants*
- 1-pair Rain Pants*
- 2-3-pair Pants (at least one pair must be **nylon**)
- 7-pair Underwear (Use your best judgment, we do utilize a laundromat during the trip)
- 5-pair Shorts – at least 3 pair should be Nylon shorts so they will dry quickly if they get wet (can double as swim suits)
- 2 Swim Suits (sports bras and water shorts are ideal)

Feet

- 5-pair Wool Socks
- 4-pair Cotton (crew) Socks – not for backcountry use
- 3-pair Liner Socks* (optional)
- 1-pair Hiking Boots (**broken in before the trip**)
- 1-pair Water Sandals with a heel strap
- 1-pair of Running or Tennis Shoes

Other Items:

- 1 Day Pack / Book Bag
- Headlamp* (with extra batteries and bulbs)
- 3 Quart-sized Water Bottles **OR** 2 qt-sized Water Bottles and 1 hydration bladder (at least 70oz)
- Towel (a quick-drying chamois / pack towel is best)
- 1-pair Gaiters* (optional)
- 1 Pocket Knife (optional, since many end up with airport security)
- Toiletries
- Backpacking Chair* (optional, but suggested)
- Laundry Bag
- Camera and Film (a disposable waterproof camera is great for rafting days)
- Sunscreen/ Lip Balm (SPF 15 or higher)
- Zinc Oxide (optional, but very useful on Mt. Shasta)
- Insect repellent (small container)
- 3 Mixed CDs (for van rides)
- Paper, Pens, Stamps, Envelopes, Addresses
- Sunglasses leash or "Chums" (optional)
- Small Pillow (your fleece jacket works well too)

The * indicates items with additional information in the adjacent column.

Additional Gear Information:

Mountain weather can change in an instant. It can be clear and sunny one moment and snowing the next. Sun at high altitudes, especially when reflecting off snow, can burn or even temporarily blind you. One ill-prepared person can negatively affect the safety and fun of the entire trip. Please come prepared. We are preparing for a worst-case weather scenario with this clothing list. If you tend to get cold easily, you may want to bring extra insulation layers or heavier polypro and gloves.

- Sunglasses with Side Protection**—If you don't have wrap-around protection, you can buy side flaps at most outdoor stores to add to your sunglasses or we can help you with a temporary duct tape rig to keep snow glare out. Polarized lenses offer the best protection.
- Polypro top** – One of your polypro tops should be heavy or expedition weight.
- Rain Jacket**—Your outer shell needs to be made of coated nylon, Gore-tex, H2NO, or some other wind/waterproof material. Windbreakers **ARE NOT** acceptable.
- Gloves** – A good set of gloves are necessary during mountain summits. Overmitts are waterproof shells that go over your fleece mittens. They are highly recommended if your hands tend to get cold.
- Fleece Pants**—Great if you tend to get cold. They will keep you very warm under rain pants while glissading.
- Heavy Duty Rain Pants**—These have to keep you dry for hours of hiking in the rain or glissading in the snow. Wind pants will not keep you dry and will tear. If you bring a cheap pair of nylon shorts and wear them over your rain pants, the ice will tear up the cheap shorts instead of your nice pants.
- Liner Socks**— These go under your thick socks. Great for summit hikes in plastic boots because they add warmth, wick moisture, and reduce friction. Good if you are prone to blisters, but not a substitute for breaking in your boots.
- Gaiters** – These are nylon covers for your boots to keep water, rocks, and dirt out of your boots. They are especially helpful while hiking on the beach or in snow.
- Headlamp**—please remember **extra batteries** and an **extra bulb** (you may be hiking all night).
- Backpacking Chair** – This is a lightweight foam and fabric seat that supports your back while sitting on the ground. (Example: Crazy Creek)

Remember that space is tight so don't bring **too much** beyond the required and suggested items. **The water bottles, insulation layers, and shell layers are very important on these trips.** For instance, without rain pants you can't enjoy the glissade down from a summit! Please call us if you have questions about any of these items 1-888-954-5555.

Recommended websites for good deals on gear:

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| Diamondbrand.com | Campmor.com |
| CampBound.com | SierraTradingPost.com |
| EMS.com | REI.com |