

Recommended Equipment List For Mt. Shasta's Avalanche Gulch Route

Individual Equipment:

Map and Compass
Knife
Matches/Lighter
Sunglasses
Goggles
Sunscreen and lip balm
First Aid Kit
Headlamp w/extra batteries
Gloves and/or mittens
Food (high calorie)
(Spring) Transceiver, probe, and shovel
2 wool or synthetic clothing for layering
Water resistant/breathable parka
Water resistant/breathable pants
Synthetic sleeping bag with 10F rating (depending on the time of year)
Insulated sleeping pad
Ice axe
Helmet
Boots, gaitors, and crampons
Warm hat: wool or synthetic
4 – 1 quart water bottles
Human waste packout bags

Optional:

Snow shoes
Ski poles
Shorts and T-shirts
Sunhat
Skis
Duct tape
Extra zip lock bags
Water filter

Team Equipment:

Stove and Fuel
Tent or Tarp Shelter
Shovel for every 3
people

Avalanche and Climbing Conditions:

www.shastaavalanche.org

or

(530) 926-9613