

Clothing

- Base Layers (upper & lower): wool or synthetic
- Insulating mid-layer upper (optional): fleece or synthetic jacket
- Softshell pants & jacket (optional, but recommended)
- Hardshell (waterproof) pants & jacket (required)
- Down parka/belay/survival jacket (required)
- Waterproof gloves
- Tall gaiters
- Socks plus spares (wool)
- Face mask/neck gaiter/balaclava (optional)
- Beanie (fits under helmet)
- Sunglasses and/or ski goggles (required)
- Hat (optional)
- Camp booties (optional)
- Street clothes for Mt Shasta City, Bend, OR and the drive home

Sleeping

- Sleeping bag (0-15 degree rating)
- Inflatable insulated sleeping pad
- Closed cell foam pad (optional, but recommended)
- Pillow (optional)
- Ear plugs (required)
- Breathe Right strips (optional)
- Sleep aid supplements/drugs (optional)
- Pee bottle (optional)

Technical Gear

- Climbing helmet
- Mountaineering boots
- Crampons
- Crampon bag (optional)
- Ice axe + Leash to harness
- Trekking poles
- Harness
- Snowshoes
- Avalanche shovel (2 people can share, but coordinate beforehand)
- Headlamp (charged/with backup batteries)
- Backpack rain cover (optional)

Water

- Containers to hold 3-4 liters (e.g. Nalgene, bottled water, reusable plastic containers)
- Bottle parka/insulating sleeve (recommended to have at least 1)
- Powdered drink mix/electrolytes (optional)
- Gas stove & pot
- Gas canisters (at least 8oz per person recommended)
- Fire: lighter, matches, flint, or piezo
- Water purifier

Food

- Breakfast x 2
- Lunch * 2 (one meal can be purchased in Mt Shasta City; other should be ready-to-eat)
- Dinner * 2 (Lightweight freeze-dried meals probably ideal)
- Snacks (recommended 12+ servings per person)

Personal Gear

- Sunscreen
- Toilet paper
- Blister care
- Painkillers
- Pocket knife/multi-tool (optional)
- Duct tape
- Trash compactor bag
- Summit pack (optional)
- First aid kit (optional)
- Toiletry kit (optional): cleansing wipes, deodorant, toothpaste/gum
- Watch/heart rate monitor (optional)
- Cell phone (optional)
- Camera / GoPro (optional)
- Battery pack for recharging (optional)
- Camping chair (optional)
- Satellite GPS/communicator/emergency signaler (optional)
- Portable speaker & music player (optional)

Tents (for those bringing them)

- Tent, 4-season
- Snow anchors
- Tent footprint