



## ***Alpine Skills International***

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### **INTRO SIERRA CLIMBER DONNER PEAK, NORTHWEST RIDGE CLASS 3-4**

#### **CLIMBING GEAR**

**Climbing Pack** – 30 liter (approx. 1800 cu. in.), such as [Black Diamond Speed 30](#), or similar.

**Footwear** – Light mountaineering boots, such as [La Sportiva Trango S Evo GTX](#) or light to medium hiking boots such as [La Sportiva FC 3.0 GTX](#).

**Climbing Harness** - Your harness must fit correctly with any possible clothing combination. Belay loop and gear loops recommended.

*(Included with course, reservations required)*

We recommend [Petzl Adjama](#), [Black Diamond Momentum AL](#), [C.A.M.P. AIR CR](#), or similar.

**Climbing Helmet** - CE approved such as [Black Diamond Half Dome](#), [Petzl ELIOS](#) or similar. Bring your own or ASI will provide one *(Included with course, reservations required)*

**1 Locking Screwgate Carabiner** – Pear-shaped best. Bring your own or ASI will provide them. *(Included with course, reservations required)*

We recommend [Petzl ATTACHE 3D](#), [Black Diamond Mini Pearabiner](#), or similar.

#### **CLOTHING**

##### **Next to skin layers:**

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light capilene zip t-neck

Capilene briefs

##### **Outer layers:**

Soft shell jacket - lightly insulated such as [Patagonia Guide Jacket](#), fleece pullover, or similar.

Light soft shell mountain pants (AKA “guide pants” - synthetic stretch woven fabric) such as [Mammut Champ Pants](#), [Patagonia Simple Guide Pants](#), or similar.

Rain layer – light waterproof/breathable jacket (and pants optional) such as [Patagonia Rain Shadow Jacket](#).

Boot socks - wool/nylon blend or similar

Light wool or fleece hat (for cool conditions)

Sun Hat - with visor or brim

#### **MISCELLANEOUS**

1 Liter, wide-mouth water bottle such as [Nalgene Everyday](#) or similar.

Light plastic cup – 12-16oz.

Lexan Spoon

Sunscreen - 50-70+ SPF or greater recommended (dispensed into a small squeeze bottle)

Such as [Hawaiian Tropic Ozone Sport](#), [Neutrogena Ultimate Sport](#), or similar

Insect Repellent - maximum strength (for early season ascents)  
Toilet Paper in Zip-Lock Bag with Matches

**FOOD**

1 Snack Lunch

Lunch-high energy, snackable type

-3 oz. protein source (cheese, dried meat or other)

-2-3 oz. crackers or light bread (bagels ok for the first days)

-3 oz. nuts or dried fruit (gorp)

-2 oz sweets (goo gels, chocolate, etc.)

Energy bars may take the place of gorp or candy

-1 drink mix per day (optional)

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