



NORTH PALISADE (14,242'), THE U-NOTCH COULOIR III 5.6 EQUIPMENT LIST

PERSONAL GEAR

Pack - Travel light enough to be able to use approx. 50 liter (2,500 – 3,000 cubic inch) top loading, hip carrying, alpine climbers pack, with necessary straps to carry an ice axe and crampons. Gear loops or hammer holsters are useful.

Sleeping Bag - down or fiberfill, warm to 20° F, should weigh less than 2 1/2 lbs, use the smallest stuff sack possible (small sil-cloth compression stuff sacks are helpful).

Foam Pad - 3/4 length light Thermarest® or closed cell foam, bulky pads not recommended

CLIMBING GEAR

Footwear – Light alpine mountaineering boots such as Mad Rock Mountain (www.madrockclimbing.com/mountain.aspx)

or La Sportiva Trango S Evo GTX (www.sportiva.com/products/prod/274)

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

(Rentals available, reservations required)

Climbing Helmet - CE approved, bring your own or ASI will provide one

(Reservations required)

Alpine Ice Tools – (50-55cm) one with adze, one with hammer head, leashes on each

Crampons – ultra light ok *(Rentals available, reservations required)*

2 locking screwgate carabiners - bring your own or ASI will provide them

(Reservations required).

1 belay/rappel device – (ATC, Guide, Reverso or similar), bring your own or ASI will provide one *(Reservations required).*

1 single length sewn runner, bring your own or ASI will provide one *(Reservations required).*

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light capilene zip t-neck

Capilene briefs – 2 pr.

Light-weight capilene long johns

Outer layers:

Soft shell jacket (lightly insulated) or fleece pullover

Light soft shell mountain pants (AKA “guide pants” - synthetic stretch woven fabric)

Light puff layer (nylon with light synthetic insulation, hood optional)

Rain layer – light waterproof/breathable jacket and pants

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Sun Hat - with visor or brim

Gloves - 1 light pair

Bandana

MISCELLANEOUS

1-Liter Water container (can refill often on route)

Spoon - lexan plastic best

2-Cup Plastic Measuring Cup or Plastic Bowl and Cup
Water Purification – Iodine tablets, tincture of iodine in small plastic dropper bottle
Sunglasses with Retainer
Sunscreen –30 SPF or greater recommended (small amount in small squeeze bottle)
Lip Balm - 30 SPF or greater recommended
Insect Repellent - maximum strength (for early season ascents)
Small Personal First-Aid Kit - bandaids, moleskin, aspirin, first aid tape, antacid tablets
Toothbrush
Toothpaste - small tube
Toilet Paper in Zip-Lock Bag with Matches
Light Headlamp with Fresh Batteries and Spare Bulb
Butane Lighter
Small Pocket Knife
Camera (digital or film, optional)

RENTALS

ITEM 1-3 DAYS

Pack 50 liter \$15.00

Climbing Harness \$8.00

EQUIPMENT RENTAL FROM ASI

Special rental rates are available for pre-paid ASI participants only. Please refer to the equipment list and make the necessary reservations as soon as possible (availability of equipment is limited). Only pre-reserved rental equipment is brought to the trailhead. Make your reservations early.

ASI PROVIDES

Ropes and all other climbing gear, climbing helmets (if you don't own your own), first-aid, emergency, and repair kits, shelters, stoves, cook kits, and 2 dinners.

FOOD

Variations in tastes makes it most practical for each participant to pack his or her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack 2 breakfasts and 3 lunches. Here is a suggested sample we would carry for one day:

- Breakfast-instant, non-cooking
- Hot beverage-tea, coffee or cocoa
- 2 packets instant oatmeal or cream of wheat or granola
- 4 tablespoons whole or lowfat milk powder (instant)
- 1 tablespoon margarine (optional)

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 for 2 days

Alpine Skills International

11400 Donner Pass Rd.

Truckee, CA 96161

www.alpineskills.com

asi@alpineskills.com

530-582-9170 office 530-582-9175 fax