

## Mt. Shasta via Avalanche Gulch / 11 miles, 7300' / June 16-17, 2018

Expected Conditions: @11.5K Helen Lake - 30F H, 27F L, snow showers, 30mph N; @14K Summit - 16F H/L, 0F L with WC, 25mph NNW

Trip Objective: 1. No major injuries or death, 2. Everyone remains friends, 3. Summit

Actual: Colder than last time but forecast was pretty accurate; remember to read the mountain as well - and glad I pre-emptively prepared for a whiteout

Summary Statistics	Item	Oz	Lb
Pack	Packed Items (Baseweight)	371.5	23.2
Worn	Worn Items	95.9	6.0
Carried	Carried Items	22.4	1.4
Cons.	Consumables	89.8	5.6
	<b>Total Pack Weight</b>	<b>461.4</b>	<b>28.8</b>
	<b>Total Skin-Out Weight</b>	<b>579.6</b>	<b>36.2</b>

Check 0.0

Cklist	Category	Location	Item	Qty	Oz	Total Wt.	Notes
			<b>Pack</b>			<b>47.7</b>	
Y	Pack		Sierra Designs Flex Capacitor pack	1	40.40 [1]	40.4	
Y	Pack	Inside pack	Trash compactor bag	1	1.86	1.9	Turn inside out and store boots overnight
Y	Pack	Inside pack	Quechua Arpenaz 10L	1	5.07	5.1	<b>Post: Too small for a daypack (didn't bring to summit)</b>
Y	Pack	Inside pack	Ziploc freezer gallon	1	0.35	0.4	
			<b>Clothing &amp; Footwear</b>			<b>187.5</b>	
			<u>Tops-Worn</u>				
Y	Worn	Worn on body	Outdoor Research Echo long sleeve	1	3.31 [2]	3.3	
Y	Pack	Inside dry sack	Outdoor Research Transition microgrid fleece hoody	1	9.10 [3]	9.1	
			<u>Tops-Insulation</u>				
Y	Pack	Inside dry sack	Patagonia Nano Air puffy jacket	1	11.40 [4]	11.4	
Y	Pack	Inside dry sack	Mountain Hardwear Ghost Whisperer puffy jacket	1	7.26 [5]	7.3	<b>Post: Thread caught on a zipper and pulled out</b>
			<u>Tops-Weather</u>				
Y	Pack	Inside pack, top	Outdoor Research Interstellar jacket	1	10.61 [6]	10.6	
			<u>Bottoms-Worn</u>				
Y	Worn	Worn on body	Outdoor Research Echo boxer briefs	1	1.77	1.8	
Y	Worn	Worn on body	Outdoor Research AlpenIce pants	1	18.73 [7]	18.7	<b>Post: Noticeable wear from glissading and thus wetted out</b>
			<u>Footwear</u>				
Y	Worn	Worn on body	Scarpa Rebel Pro GTX mountaineering boots	1	55.20 [8]	55.2	<b>Post: Not very insulated (as expected), but super comfy</b>
			<u>Footwear-Socks</u>				
Y	Worn	Worn on body	Darn Tough Ultra Light Crew socks	1	1.30	1.3	
Y	Pack	Inside dry sack	Wrightsock Merino Midweight crew socks	1	2.22	2.2	<b>Post: Wear these next time for more warmth in the early AM</b>
Y	Pack	Inside dry sack	Aegismax down socks	1	2.39 [9]	2.4	
			<u>Footwear-Traction</u>				
Y	Pack	Inside pack	Petzl Sarken crampons	1	32.02	32.0	<b>Post: Step-in feels more solid than hybrid, easier out</b>
Y	Pack	Inside pack	Bubble envelope	1	1.12	1.1	Store crampons and as insulation for freezer bag cooking
			<u>Glasses</u>				
Y	Worn	Worn on body	Contact lenses	1	0.00	0.0	
Y	Pack	Top lid	Rewetting drops	1	0.56	0.6	
Y	Worn	Worn on body	Rockbros polarized photochromic sunglasses	1	0.88	0.9	<b>Post: Ski goggles may be more comfortable with helmet</b>
			<u>Headwear</u>				
Y	Worn	Worn on body	Ultimate Direction Desert Hat	1	2.01	2.0	
Y	Pack	Inside dry sack	SmartWool Merino NTS 250 beanie	1	1.94	1.9	
Y	Worn	Worn on body	Outdoor Research Activerce Ubertube	1	1.44	1.4	<b>Post: A balaclava would work better</b>
			<u>Gloves &amp; Mitts</u>				

Y	Pack	Inside pack	Outdoor Research Highcamp gloves & liners	1	9.16 [10]	9.2	Post: Just warm enough (though I still did get cold hands)
			<u>Trekking Poles</u>				
Y	Carried	Carried on body	Canway carbon tripod poles	1	15.12	15.1	Post: Would've been nice for Misery Hill where it's not steep
			<b>Shelter &amp; Weather Protection</b>			<b>78.7</b>	
			<u>Marmot Hammer 2P</u>				
Y	Pack	Inside tent stuff sack	Marmot Hammer tent fly + guylines	1	39.65	39.7	Post: Tent is sturdy and pole setup from the inside is easy with some practice. Flip linelocs so they can be adjusted from above the snow when anchored. Wish there were more vents and that vents were mesh covered. Vestibule really helps when there's any precipitation/wind (i.e. often). New poles are more flexible than previous DAC poles, making setup easier. Bring lighter stakes if doing deadman anchors.
Y	Pack	Inside tent stuff sack	Marmot Hammer vestibule	1	13.89	13.9	
Y	Pack	Inside pole stuff sack	Easton tent poles	1	14.35 [11]	14.4	
Y	Pack	Inside pole stuff sack	Marmot Hammer vestibule pole	1	2.78	2.8	
Y	Pack	Inside stake stuff sack	Marmot 7" Y-stakes	7	0.54	3.8	
Y	Pack	Inside stake stuff sack	DAC 6" J-stakes	3	0.40	1.2	
Y	Pack	Inside pack	Marmot stake stuff sack	1	0.42	0.4	
Y	Pack	Inside pack	Marmot pole stuff sack	1	0.77	0.8	
Y	Pack	Inside pack	Marmot tent stuff sack	1	1.86	1.9	
			<b>Sleep System</b>			<b>43.7</b>	
Y	Pack	Inside stuff sack	Enlightened Equipment Revelation 10F quilt	1	23.11	23.1	
Y	Pack	Inside stuff sack	Enlightened Equipment quilt straps	1	0.40	0.4	
Y	Pack	Inside dry sack	Enlightened Equipment stuff sack	1	0.56	0.6	
Y	Pack	Inside pack	Therm-a-Rest Neoair XTherm pad & pump sack	1	17.00 [12]	17.0	
Y	Pack	Inside pack	MEC Air Pillow & stuff sack	1	2.60	2.6	
Y	Pack	Inside first aid kit	Ear plugs	1	0.04	0.0	
			<b>Cooking Gear</b>			<b>17.8</b>	
			<u>Storage</u>				
Y	Pack	Inside pack	GSI mesh bag	1	0.80	0.8	
			<u>Pots</u>				
Y	Pack	Inside cooking bag	GSI Halulite 1.1L hard-anodized aluminum pot + lid	1	7.79	7.8	
			<u>Stoves</u>				
Y	Pack	Inside cooking bag	Soto Amicus canister stove	1	3.17 [13]	3.2	Post: Doesn't spark from the tip so takes many tries to light
			<u>Fuel Containers</u>				
Y	Pack	Inside cooking bag	Isobutane canister, 8 fl oz MSR	1	5.10	5.1	
			<u>Other</u>				
Y	Pack	Inside food storage	Snow Peak titanium spork	1	0.56	0.6	
Y	Pack	Inside cooking bag	Aluminum windscreen	1	0.40	0.4	Post: Did not use, easier to use a snow wall or tent
			<b>Hydration</b>			<b>15.7</b>	
Y	Pack	Shoulder pocket	Nalgene On The Fly 710mL bottle	1	4.65	4.7	
Y	Pack	Side mesh	Camelbak Chute 20oz (591mL) insulated bottle	1	10.82 [14]	10.8	Post: Warm water is invigorating
Y	Pack	Hip pocket & top lid	Aquatabs water purification tablets, 20L	1	0.24	0.2	
			<b>Essentials</b>			<b>98.6</b>	
			<u>Navigation &amp; Safety</u>				
Y	Worn	Worn on body	Garmin Fenix 3 GPS watch	1	2.92	2.9	
Y	Pack	Top lid	ACR ResQLink+ PLB	1	5.46	5.5	
Y	Pack	Clipped to shoulder strap	Blue carabiner	1	0.28	0.3	
Y	Pack	Clipped to shoulder strap	Victorinox swiss army knife	1	1.10	1.1	Scissors, tweezers, knife, bottle opener, file
Y	Pack	Clipped to shoulder strap	FOX 40 whistle	1	0.21	0.2	
Y	Pack	In first aid kit	UST 7 stormproof matches & striker	1	0.24	0.2	
			<u>Climbing Safety</u>				
Y	Worn	Worn on body	Black Diamond Vector climbing helmet	1	8.32 [15]	8.3	

Y	Pack	Outside pack	CAMP Corsa Alpina 57cm ice axe	1	18.05	18.1	Post: 60cm would be ideal for my height and Shasta
Y	Pack	Outside pack	Simond ice axe leash	1	1.65	1.7	
Y	Pack	Outside pack	BCA RS EXT avalanche shovel	1	28.07	28.1	Post: Hoe feature is incredibly useful
			<u>Sun &amp; Bug Protection</u>				
Y	Pack	Top lid	Neutrogena SPF 45 sunscreen	1	0.88	0.9	
Y	Pack	Top lid	Lip balm + leukotape, 4'	1	0.52	0.5	
			<u>Electronics &amp; Photography</u>				
Y	Carried	Carried on body	iPhone X (incl. case)	1	7.23	7.2	
Y	Pack	Top lid	Energizer Vision HD+ Focus (incl. 3 AAA)	1	3.06	3.1	Post: Strap getting worn by helmet clips
Y	Pack	Hip pocket	GoPro Hero 6 black (incl. frame housing & battery)	1	5.00	5.0	
Y	Pack	Hip pocket	GoPro blue screw	1	0.35	0.4	
Y	Pack	Hip pocket	GoPro spare batteries	1	0.98 [16]	1.0	Post: Non-OEM batteries seem to suffer/freeze in the cold
Y	Pack	Shoulder strap	Sametop GoPro clip	1	2.15	2.2	Post: Don't trust this to hold a valuable GoPro
Y	Pack	Top lid	Pedco Ultrapod	1	2.50 [17]	2.5	
			<u>First Aid &amp; Repair Kit (up to 4 days of treatment)</u>				
Y	Pack	Top lid	Sharpie + leukotape, 4'	1	0.70	0.7	
Y	Pack	Top lid	Band-aids	1	0.10	0.1	
Y	Pack	Top lid	Tegaderm	1	0.17	0.2	
Y	Pack	Top lid	Kinesio tape, 1'	1	0.14	0.1	
Y	Pack	Top lid	Cover-all wrap, 3'	1	0.35	0.4	
Y	Pack	Top lid	Ibuprofen, 200mg	14	0.03	0.4	1600mg per day = standard dosage for pain
Y	Pack	Top lid	Acetaminophen, 325mg	2	0.02	0.0	650mg = 1 dosage
Y	Pack	Top lid	Diphenhydramine, 25mg (Benadryl)	6	0.02	0.1	Anti-histamine & sleep aid
Y	Pack	Top lid	Loperamide HCl, 2mg (Imodium)	6	0.02	0.1	Anti-diarrhea
Y	Pack	Top lid	Alka-Seltzer Plus Severe Cold & Flu	1	0.24	0.2	Pain reliever, anti-histamine, & cough suppressant
Y	Pack	Top lid	Antibiotics, 0.9g bacitracin zinc	2	0.05	0.1	
Y	Pack	Top lid	Alcohol swabs	4	0.05	0.2	
Y	Pack	Top lid	Vaseline lotion	1	0.31	0.3	
Y	Pack	Top lid	Salt	1	0.01	0.0	
Y	Pack	Top lid	Sewing needle + thread	1	0.01	0.0	
Y	Pack	Top lid	Nitrile gloves	2	0.15	0.3	
Y	Pack	Top lid	Duct tape	1	0.14	0.1	
Y	Pack	Top lid	Tenacious tape	1	0.03	0.0	
Y	Pack	Top lid	Tear Aid, Type A	1	0.10	0.1	Sticks to PU
Y	Pack	Top lid	CELOX 2g clotting powder	3	0.10	0.3	
			<u>Hygiene</u>				
Y	Pack	Inside food storage	Long handle toothbrush	1	0.56	0.6	
Y	Pack	Inside food storage	Mini toothpaste	1	0.59	0.6	
Y	Pack	Inside food storage	Floss picks	1	0.02	0.0	
Y	Pack	Top lid	Toilet paper squares	28	0.01	0.3	
			<u>Multipurpose Utility</u>				
Y	Pack	Clipped to pack	Camp Nano 22 carabiner	1	0.81	0.8	
Y	Pack	Clipped to pack	Velcro strips	2	0.02	0.0	
Y	Pack	Inside pack	Therm-a-Rest Z-Seat	1	2.00	2.0	
Y	Pack	Top lid	Ziploc bag with ID, credit card, cash, keys	1	1.50	1.5	
			<b>Consumables</b>	<b>Cal/g</b>	<b>Total Cal</b>	<b>Oz</b>	
Y	Cons.	Water	Water, 1.5L	0.0	0	52.9	
Y	Cons.	Fuel	Isobutane	0.0	0	7.0	Post: Used 3oz
Y	Cons.	Drink	Gu hydration tablets	4.0	170	1.5	
Y	Cons.	Breakfast/Lunch/Snacks	Bars, waffles, nuts, etc	4.0	2,268	20.0	
			<u>Dinner</u>				

Y	Cons.	Dinner	Nong shim ramen	4.2	1,000	8.5	
	<b>Total</b>				<b>3,438</b>	<b>89.8</b>	

[1] Excludes hydration pouch (1.5oz), includes DAC stay (2.5oz)

Size: M (40.40oz); SM/M (40.45oz)

[2] Size: S

[3] Size: S

[4] Size: S

[5] Size: S

[6] Size: S

[7] Size: M

[8] Size: 43.5

[9] Size: L

[10] Size: M

[11] Original DAC NFL poles were 12.8oz

[12] Includes 1.8oz pump sack; excludes 0.6oz stuff sack

[13] Includes 0.42oz pouch

[14] Excludes 0.18oz cap holder

[15] Size: S/M

[16] Includes 0.17 plastic case

[17] Ultrapod + phone holder