



SWS Mountain Guides

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AVALANCHE EQUIPMENT LIST

Level I & II

It is important to the success and safety of your course that you bring all the items listed below. The weather in the winter can be either warm or very windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call at: 1-888-797-6867

The Basics:

- Snowshoes or Metal edged Backcountry Skis (Backcountry Telemark or All Terrain (AT) Systems)
- Climbing Skins
- Winter Hiking Boots or Backcountry Ski Boots (Vibram- type sole recommended)
- Ski Poles for snowshoers and skiers (Adjustable recommended)
- Day Pack – Large enough for all your gear on the inside

Above items can be rented at your local climbing shop or at the Fifth Season or Shasta Basecamp in Mt. Shasta, CA.

Clothing:

- Synthetic Top
- Synthetic Bottoms
- Wool or Pile or medium weight Synthetic Shirt
- Fleece or Down Jacket
- Synthetic or Fleece Pants
- Wool or Synthetic Sox (2 pairs)
- Synthetic Liner Sox (2 pairs)
- Wool/Fleece Gloves or Mitts (with shells)
- Wool/Fleece Hat
- GoreTex Jacket or equivalent rain/snow/wind jacket.
- GoreTex Pants/Bibs or equivalent rain/snow/wind pants
- Knee Height Gaiters

Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocket knife
- Good Quality (DARK) Sunglasses with side shields
- Sun Block (Rated 25+)
- Chapstick
- Sunhat (baseball cap or other type)
- Headlamp (something to stick on your head)
- Notebook and pencil

For The Lodge or In Town:

- Sleeping Bag
- Lodge Clothing
- Toothbrush and Toothpaste (don't forget dental floss)
- Soap, Shampoo, Brush, etc.

Optional:

- Balaclava/Face mask
- Ski Goggles
- Down Vest
- Camera/Extra Batteries
- Avalanche Beacon –SWS will provide if needed
- Avalanche Probe and Shovel – SWS will provide if needed

Lunches and high carbohydrate snacks: Examples: Clif Bars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars.

Dinners and Breakfasts: Can be found in Mt. Shasta, we will usually get together for a evening group dinner in Mt. Shasta, you are welcome to join us.

Lodging: All types of lodging can be found in Mt. Shasta City including camping. Contact us for lodging and camping recommendations and/or visit www.swsmountainguides.com under resources, Give us a call at 1-888-797-6867 v11210