



SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

BASIC WINTER EQUIPMENT LIST

Basic & Intermediate Winter Mountaineering

Lassen National Park / Eastern Sierra / Sequoia National Park / Shasta Area

It is extremely important to the success and safety of your course that you bring all the items listed below. It is most important that you pack well and pack light. 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 or throw it in the car and ask us at the trailhead. Any questions give us a call at: 1-888-797-6867.

The Basics:

- Snowshoes (Recommended) (Ex: MSR Denali) or Metal edged Backcountry Skis (only if intermediate to advanced skier)
- Winter Mountaineering Boots (Ex: Scarpa Inverno) or Backcountry Ski Boots (Ex: Scarpa T-2)
- Ski Poles (Ex: Black Diamond Flicklock Adjustable Poles)
- Sleeping Bag - rated to 10 F degrees or below
- Full length Sleeping Pad(s) (Ex: MSR Thermarest)
- Internal Frame Pack (4,500-6,500 cubic inches)
- Crampons - 12 point step-in or strap on (Ex: Black Diamond Sabertooth)

The above items can be rented at your local climbing shop in your area. Give us a call if you need a recommended shop in your area.

Clothing:

- Thermal Long john Top
- Thermal Long john Bottoms
- Extra Thermal Top (expedition weight recommend) or Pile sweater, or wool shirt or equivalent
- Pile or Down Jacket
- Wool or Pile Pants or Bibs
- 3-4 pairs Wool or Heavy Thermal Socks - no cotton! (Ex: Smartwool or Dalgren socks)
- 3-4 pairs Wool or Synthetic Liner Socks
- Gore-Tex Gloves or Mitts with shells or equivalent (Ex: Black Diamond Guide gloves)
- Wool/Pile Hat
- Gore-Tex Jacket or equivalent
- Gore-Tex Pants/Bibs or equivalent
- Calf Height/ Full Length Gaiters (Ex: Black Diamond Frontpoint)

Other Important Stuff:

- 3 - one liter, Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocketknife
- Good Quality (DARK) Sunglasses with side shields
- Insulated Cup
- Spoon
- Small plastic bowl (lightweight)
- Sun block (Rated 25+)



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- Chap stick
- Bandanna
- Sunhat (baseball cap or equivalent)
- Headlamp (Ex; Black Diamond Spot)
- Small personal first aid kit (include personal medication)
- Toothbrush and Toothpaste
- Foam Ear Plugs
- Toilet Paper
- Bic Lighter
- Compass

Optional:

- Balaclava/Face mask
- Journal
- Ski Goggles
- Down Vest
- Climbing Skins (required if using skis)
- Camera/ Extra Batteries
- Book (for those long winter nights)
- Personal Ice Axe (SWS provides Black Diamond ice axes for your use)

Lunches and Snacks for 2-5 days depending on course length:

Lunches and high carbohydrate snacks - Examples: Clif Bars, Clif shots, Luna Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. SWS will provide dinners, breakfasts and hot drinks.

In preparation for the trip: Be sure to drink **AT LEAST 4 QUARTS OF WATER A DAY** for at least 2-3 days prior to your trip, preferably for the whole preceding week - it will make your adjustment to altitude and exertion infinitely easier.

Last Messages:

SWS Mountain Guides reserves the right to refuse services to any client deemed inadequately prepared at the trailhead. If you have questions about your equipment give us a call or throw it in the car anyway and ask your guide at the trailhead.

11/08