



SWS Mountain Guides

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High Sierra Route Equipment List

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 Sierra Nevada 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. 1-888-797-6867

The Basics:

- Metal edged Backcountry Skis Telemark or Randonnee type ok
- Split Snowboard and or snowshoes with Snowboard
- Crampon compatible Snowboard boots
- Backcountry Ski Boots / Vibram- type sole required
- Ski Poles (Adjustable recommended)
- Climbing Skins
- Down Lightweight Sleeping Bag (rated to 20 degrees F.)
- 3/4 length Sleeping Pad
- Internal Frame Pack (3,000-4,000 cubic inches)

Clothing

- Light weight Synthetic Top
- Lightweight Synthetic Bottoms
- Midweight layer Synthetic Top or light fleece layer
- Lightweight Pile or Down Jacket
- Wool/Pile Knickers or Synthetic Pants
- Wool or Polypro Sox (3 pairs)
- Polypro Liner Sox (3 pairs)
- Midweight gloves with wind covers or wind proof outers
- Wool/Pile Hat
- GoreTex Jacket or equivalent rain/snow/wind jacket.
- GoreTex Pants or equivalent rain/snow/wind pants
- Knee Height Gaiters

Other Important Stuff:

- 3-one Liter Wide Mouth Water Containers or Hydration system with one Wide Mouth Water Container
- Swiss Army Type Knife or other small pocket knife
- Good Quality (DARK) Sunglasses with side shields
- Large Light Cup or Mug
- Spoon
- Small plastic bowl (lightweight)
- Sun Block (Rated 25+) -- just enough for 8 days
- Chapstick
- Bandanna
- Sunhat (baseball cap or other type)
- Headlamp (something to stick on your head so it leaves your hands free!)
- Small personal first aid kit include personal medication & small blister kit (we will have a group first aid kit)
- Toothbrush and Toothpaste (enough for only 8 days)
- Foam Ear Plugs
- Toilet Paper
- Bic Lighter
- Compass



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Climbing Gear:

- Crampons (lightweight crampons or in-step crampons are fine)
- Ice Ax (lightweight type, SWS can provide)

Optional:

- Balaclava /Face mask
- Journal (small and light notebook)
- Ski Goggles
- Down or Fleece Vest
- Lightweight liner gloves
- Camera/Film
- Ski waxes (remember to keep it light)
- Book
- Avalanche Beacon (SWS will provide)

Lunches and snacks for 7 days:

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. SWS will provide dinners, breakfasts and hot drinks. Remember to keep it light!!

LAST MESSAGES:

Sierra Wilderness Seminars 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. Remember to pack light and small, measure all your items and weight them as well. You will enjoy the ski route much better if you are traveling light!

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...01/09