



SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

3 DAY INTRODUCTION TO MOUNTAINEERING EQUIPMENT LIST MT. SHASTA

It is extremely important to the success and safety of your course that you BRING ALL THE ITEMS LISTED BELOW. Due to the strenuous nature of these trips, it is MOST IMPORTANT that you pack WELL and pack LIGHT. The weather on Mt. Shasta can be either very warm or very windy and cold - it is usually both! Be prepared to encounter all types of conditions. If you have any questions about what to bring, please give us a call at 888-797-6867.

EQUIPMENT:

- ❑ Mountaineering Boots - Modern leather hybrid (Scarpa Summit GTX) or Plastic Double Boots (Ex: Scarpa Inverno, Omega)
- ❑ Crampons 12 point hinged or semi-rigid crampons or (Ex: Black Diamond Sabertooth or Contact crampons)
- ❑ Sleeping Bag (Rated to 10-20 degrees, synthetic or down)
- ❑ Full length Sleeping Pad (Cascade Designs Thermarest or Ridgerest)
- ❑ Internal Frame Pack 4,500 - 6,500 cubic inch volume (Ex: Arcteryx Bora 80 Pack)

Note: you don't need a separate day pack for summit day - carry this pack snubbed down, packed with only lunch & extra clothing - the rest of your gear stays at base camp.

The above items are available for rent from local shops in Mt. Shasta, check our resources at:

www.swsmountainguides.com

OUTER SHELL LAYER:

Since this layer is your first line of defense against the elements (wind, rain, snow and cold) it is imperative that they are of the proper design, fit and construction.

- ❑ Parka - Gore-Tex or Equivalent (Ex: Arcteryx Alpha SV jacket)
Note: With attached hood that is large enough to fit over all insulating layer(s) and helmet.
- ❑ Pants or Bibs Gore-Tex or Equivalent (Ex: Arcteryx Alpha SV bibs)
Note: Side zippers are a highly recommended feature, for ventilation and for taking them on or off over heavy boots and crampons.
- ❑ Gore-Tex Gloves or Mitts with windproof shells or equivalent (Ex: Black Diamond Guide Gloves)
- ❑ Calf Height or Full Length Gaiters (Ex: Black Diamond GTX FrontPoint gaiters)

UNDERWEAR:

- ❑ Synthetic or wool long john Top – Light weight or mid weight (Ex: Arcteryx Rho series top)
- ❑ Synthetic or wool long john Bottoms – Light weight to mid weight (Ex: Arcteryx Rho series bottoms)



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INSULATING LAYERS:

- ❑ Pile or Down Jacket (Ex: Arcteryx Delta SV or AR jackets)
- ❑ Extra Synthetic Top (expedition weight recommended) or Fleece sweater, or wool shirt or equivalent (Ex: Arcteryx Delta series)
- ❑ Medium weight synthetic running tights or light fleece pants or synthetic pants or bibs recommended for early season (May or early June) or late season (Late September or October) climbing. (Ex: Arcteryx Gamma series of pants)
- ❑ 2-3 pairs Wool or Thermal Heavyweight Socks - no cotton (Ex: Dalgren or Bridgedale)
- ❑ 2-3 pairs Wool or Light Liner Socks – no cotton (Ex: Dalgren or Bridgedale)
- ❑ Wool or Synthetic Gloves light liner type (Ex: Black Diamond liner gloves)
- ❑ Wool or Pile Hat - Note: a lightweight balaclava is a great idea for sleeping comfort

TYPICAL LAYERING FOR A WEEKEND ON MT. SHASTA IS:

Light weight/Mid weight synthetic underwear (top & bottom)

Lightweight fleece sweater or wool shirt or heavy weight synthetic top

Medium weight Fleece jacket (or down sweater)

Medium weight synthetic running tights or light fleece pants

Weatherproof shell garments- parka, pants or bibs

Headgear, gloves and mitts.

And don't forget a long-sleeved cotton shirt and shorts for the approach hike!

OTHER IMPORTANT STUFF:

- ❑ Nylon stuff sacks for gear organization (enough for all equipment)
- ❑ 3 - one liter, wide-mouth water containers (no runner's or bike bottles please!) *A hydration system such as Camelback may substitute for all but one wide mouth container.
- ❑ Swiss Army-Type Knife or small pocket knife
- ❑ Good quality (DARK) mountaineering sunglasses with side shields
- ❑ Insulated cup and spoon
- ❑ Small plastic bowl (lightweight)
- ❑ Sun block (Rated 25+)
- ❑ Chapstick
- ❑ Long-sleeved light colored t-shirt and bandana (for the hot approach)
- ❑ Shorts (for the hot approach)
- ❑ Sunhat
- ❑ Headlamp (Ex: Black Diamond Icon)
- ❑ Toothbrush and toothpaste
- ❑ Small First Aid Kit with personal medicines
- ❑ Foam ear plugs-- helps provide a good night's sleep by minimizing tent & tent mate noise
- ❑ Toilet paper
- ❑ Bic lighter
- ❑ "Sports Drink" water additive such as Gatorade, Gookinaid, Cytomax, etc.



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- ❑ Sit Harness (Ex: Black Diamond Alpine Bod)(**SWS will provide**, but bring your own if you wish)
- ❑ Personal Ice axe and Helmet (**SWS will provide** these items, but bring your own if you wish)

Optional:

- ❑ Extra carabineers (SWS will provide these items, but bring your own if you wish)
- ❑ Camera/Film
- ❑ Ski poles/ Trekking poles – **Highly recommended!!** (Ex: Black Diamond Flicklock Adjustable Poles)
- ❑ Map of area (Mt. Shasta Topo)
- ❑ Ski Goggles
- ❑ Balaclava (face mask, nice if it's stormy)
- ❑ Down or Fleece vest: This is nice to have, if your budget allows, but not necessary if you have adequate fleece gear (Ex: Arcteryx Gamma AR Vest)
- ❑ Fleece or Synthetic Pants or Bibs (Ex: Arcteryx Gamma Bibs/Pants) recommended for early season (May or early June) or Late Season (Late September or October) climbing.

LUNCHES AND SNACKS FOR 2-5 DAYS DEPENDING ON THE COURSE:

Lunches and high carbohydrate snacks-Examples: Clif Bars, Luna Bars, GORP (good old peanuts and raisins), bagels, cheese, salami or jerky, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. **SWS will provide dinners, breakfast and hot drinks.** NOTE: Summit day will be 14-16 hours of sustained effort!

LAST MESSAGES

SWS Mountain Guides reserves the right to refuse services to any client deemed inadequately prepared at the trailhead. To avoid disappointment, and for the safety and enjoyment of all involved, **PLEASE ARRIVE WITH ALL THE ABOVE ITEMS!** 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. 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.

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