



SWS Mountain Guides
P.O. Box 988
Mt. Shasta, Ca. 96067

Phone: 888.797.6867
Fax: 877.797.6867
Email: mail@swsmtns.com
Website: www.swsmountainguides.com

MT. SHASTA SUMMIT EQUIPMENT LIST

Shasta Summit Climb & Introduction & Intermediate Mountaineering, Casaval Ridge Climb

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 with Vibram lug sole or Plastic Double Boots (Ex: Scarpa Inverno or Scarpa Cerro Torre)
- Crampons 12 point hinged or semi-rigid crampons or Modern 10pt mountaineering crampons can substitute. (Ex: Black Diamond Sabertooth or Contact crampons)
- Sleeping Bag (Rated to 20 degrees Synthetic or down)
- Full length Sleeping Pad
- Internal Frame Pack 4,000-5,000- 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 rented from local shop 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 - GoreTex or Equivalent (Ex: Arcteryx Theta AR jacket)
Note: With attached hood that is large enough to fit over all insulating layer(s)
- Pants or Bibs Gore-Tex or Equivalent (Ex: Arcteryx Theta LT pants)
Note: Side zippers are a nice feature, for ventilation and taking them on or off over heavy boots & crampons
- Gore-Tex Gloves or Mitts with windproof shells or equivalent (Ex: Black Diamond Neve Gloves)
Calf Height or Full Length Gaiters (Ex: Black Diamond Front point or Terminator 2 gaiters)

UNDERWEAR:

- Synthetic Long john Top - Lightweight (Ex: Smartwool or Arcteryx Rho top)
- Synthetic Long john Bottoms- Light weight to Medium Weight (Ex: Smart wool or Arcterx Rho bottoms)

INSULATING LAYERS:

- Pile or Down Jacket (Ex: Arcteryx Gamma AR Jacket)
- Extra Synthetic Top (expedition weight recommended) or Fleece sweater, or wool shirt or equivalent
- Medium weight synthetic running tights or light fleece pants
- 2-3 pairs Wool or Thermal Heavyweight Sox - No cotton (Ex: Smart wool socks)
- 2-3 pairs Wool or Light Liner Sox (Ex: Smart wool socks)
- Wool OR Synthetic Gloves light liner type (Ex: Smart wool liner glove)
- Wool/Pile Hat
- Wool OR Pile Hat Note: a lightweight balaclava is a great idea for sleeping comfort

TYPICAL LAYERING FOR A WEEKEND ON MT. SHASTA IS:

Lightweight synthetic underwear (top & bottom),
Lightweight fleece sweater or wool shirt or heavyweight synthetic top,
Medium weight Fleece jacket (or down sweater)
Medium weight synthetic running tights or light fleece pants or synthetic long john bottoms
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!



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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 camelbak 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)
- Sunblock (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 Spaceshot or Lunar)
- 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, and ect.

OPTIONAL:

- Camera/Film
- Ski poles/ Trekking poles (Ex: Black Diamond Flicklock Adjustable Poles)
- Personal ice axe (SWS provides)
- 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 or Black Diamond Alpine Pant) 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

Sierra Wilderness Seminars 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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