



## SWS Mountain Guides

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### Mt. Shasta Ice Axe Clinic Equipment List

It is important to the success and safety of your clinic that you bring the items listed below. The weather can be either warm or windy and cold - it is sometimes BOTH! If you have any questions about what to bring, please give us a call, toll-free, at 1-888-797-6867.

#### The Basics:

- Mountaineering Boots - Modern leather hybrid (Ex: Scarpa Summit GTX) or Plastic Double Boots (Ex: Scarpa Inverno or Omega)
- Crampons\* (Ex: Black Diamond Sabertooths or Contacts) Contact crampons **provided by SWS**
- Ice Ax\* (70cm in length or longer) (Ex: Black Diamond Raven) Raven ice axes **provided by SWS**.
- Day Pack (that can accommodate your gear plus ice ax and helmet)

*The above items are available for rent from the Fifth Season (530-926-3603) or Shasta Basecamp (530-926-2359) in Mt. Shasta City or from other outfitters in your area.*

#### Clothing:

- Thermal base layer, synthetic or wool top – lightweight/ midweight
- Thermal base layer, synthetic or wool bottoms- lightweight/ midweight
- Wool, pile, or synthetic shirt or sweater
- Fleece or down jacket
- Wool or synthetic pants/bibs
- Wool or synthetic socks
- Wool or synthetic liner socks
- Wool or synthetic gloves or mitts (Ex: Black Diamond Guide or Glissade)
- Wool or synthetic hat
- Rain / Gore-Tex Jacket
- Rain / Gore-Tex Pants
- Knee Height Gaiters (Ex: Black Diamond Frontpoint)
- Sunhat

#### Other Important Stuff:

- 2 - one liter, Wide Mouth Water Containers
- Swiss Army Type Knife
- Good Quality (DARK) Sunglasses with side shields
- Sunscreen (rated 25+)
- Chapstick
- Toilet Paper
- Lunch and high carbohydrate snacks for the day

**Examples:** Clif Bars, Luna Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. SWS does not provide food on this trip.

#### Optional:

- Bandanna
- Camera and extra batteries
- Note pad and pencil

#### Provided by SWS:

- Ice Axe
- Crampons
- Climbing Harness
- Technical Equipment
- Helmet
- Clif Bars & Recharge Drinks

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