



**SWS Mountain Guides**  
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## **Sierra Nevada Technical Mountaineering Courses Equipment List**

### **Basic & Advanced Mountaineering Camps, Technical Peak Climbs, 12 Day Alpine Mountaineering Course**

*For the success and safety of your course please bring the following items. This equipment list is designed to keep you warm and dry in the environment in which you will be hiking and or climbing, while keeping the weight you will carry to a minimum. If you have a question(s) about a certain item(s) feel free to give us a call. You can expect daytime temperatures to be warm and nights will be cool. Weather in the mountains is very changeable even in the summer. It maybe very warm or it may snow! This list will prepare you for all types of weather. 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. 888-797-6867*

#### **The Basics:**

- Well-fitting and comfortable Backpack (4,000-6,000 cubic inch capacity)
- Down-Sleeping Bag (light weight-rated to 20 degrees)
- Sleeping pad (Closed cell foam or Thinsolite, Thermarest ok)
- Good Mountaineering Boots- crampon compatible

The above items can be rented at your local climbing shop or call us for a shop in your area

#### **Clothing:**

- Hiking shorts
- Long (Light-weight) pants (Can use rain pants)
- Long sleeved, light colored t-shirt
- Wool shirt or medium weight Polypro
- Lightweight synthetic long John bottom
- Lightweight Wool or Pile or Bunting Sweater
- Wind breaker (can use rain jacket)
- Wool or Pile or Bunting cap or balaclava
- Sunhat or visor
- Wool or Pile Gloves
- 2-3 pair of wool sox
- 2-3 pair of wool or synthetic liner (Please No cotton sox)
- Rain jacket and Rain pants (Ponchos are a poor choice)
- Small towel or bandana
- Sneakers or camp shoes
- Gaitors (Calf high...the long ones)

#### **Other Important Stuff:**

- Sunglasses
- Swiss Army Knife (or small pocket knife)
- Headlamp
- Sun block (rated to SPF 25)
- Chapstick
- Bic lighter (remember you can't fly with these anymore, pick one up in Bishop, Ca.)
- Toilet paper
- Insect repellent
- 3-one Quart/Liter water container (or one quart/liter water container along with a Hydration System like Camelbak)
- Large plastic cup or mug
- Small plastic bowl (lightweight)
- Spoon
- Toothbrush and toothpaste



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### **Mountaineering Equipment:**

- Sit Harness (SWS can provide, just let us know)
- 3 large locking pear-shaped carabiners
- Crampons 12 point hinged or semi-ridged (SWS can provide, please let us know)
- Rappel/Belay Device
- Two long runners or Daisy chains

### **Optional:**

- Camera/Film
- Book and/or Journal
- Down Vest
- Rock Shoes
- Personal Ice Axe (SWS can provide)
- Camera and Film
- Ski Poles or Trekking Poles

### **Lunches and snacks for 2-12 days depending on course:**

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, breakfast and hot drinks.

### **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 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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