



**SWS Mountain Guides**

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## **SUMMER MOUNTAINEERING EQUIPMENT LIST**

### **Mt. Whitney Mountaineer's Route**

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. **Please follow it!**

A few words about cost. You do not have to spend a great deal of money to prepare for these trips—fleece and synthetic items may be found at your local sporting goods, department, and big box stores such as Costco. If purchasing new equipment give us a call and discuss the pros and cons of the variety of equipment available. Packs, sleeping bags, and pads can be rented at your local backpacking/mountaineering store. If you have any problems obtaining equipment please call our office.

#### **The Basics:**

- Sleeping Bag (light weight-rated to 25 degrees)
- Pack (3,500-5,000 cubic inches, Internal frame highly recommended)
- 3/4 Sleeping Pad (Closed cell foam, Thinsolite, Thermarest or full length ok )
- Good Hiking Boots (designed for hiking rough trails)
- The above items can be rented at you local hiking/climbing shop or call us for a shop in your area.

#### **Clothing:**

- Hiking shorts
- Long pants (Light-weight, No jeans!)
- T-shirt
- Wool shirt or light/medium weight synthetic long John top
- Lightweight synthetic long John bottom
- Lightweight Wool or Pile or Bunting sweater or jacket
- Wind breaker (can use rain jacket)
- Wool or Fleece cap or balaclava
- Lightweight Wool or Fleece Gloves
- Sunhat or visor
- 2-3 pair of wool sox
- 2-3 pair of wool or synthetic liner
- Rain / Wind jacket and Rain/ Wind pants (Goretex recommended)

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

- Small towel or bandana
- Sneakers or camp shoes (sport sandals work)
- Sunglasses
- Swiss Army Knife (or small pocket knife)
- Headlamp (something to stick on your head so it leaves your hands free)
- Small first aid kit (include personal medication)
- Sunblock (rated to SPF 25+)
- Chapstick
- Bic lighter
- Toilet paper
- Toothbrush and toothpaste (don't forget the dental floss)
- Insect repellent
- 3-one quart or liter wide mouth water containers(a hydration system such as Camelbak can substitute for up to two water containers)
- Large plastic cup
- Small plastic bowl (lightweight)
- Spoon



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### **Optional:**

- Down Vest
- Journal
- Good Book
- Camera and extra batteries
- Trekking Poles
- Low cut scree gaiters or regular knee height gaiters either are highly recommended.

### **Lunches and snacks for 2-5 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:**

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..01/10