



**SWS Mountain Guides**

**P.O. Box 988**

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## **Winter Mountaineering Equipment List Mt. Whitney & Mt. Shasta**

It is extremely important to the success and safety of your course that you bring all the items listed below. It is most important that you pack well and pack light. The weather in the winter can be either warm or very windy and cold. Be prepared to encounter all types of conditions. 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.

### **The Basics:**

- Snowshoes (recommended) or Backcountry Skis. (MSR Denali)
- Plastic Climbing Boots or crampon compatible ski boots (Scarpa Inverno)
- Ski Poles (Adjustable recommended) (Black Diamond Flicklock poles)
- Sleeping Bag (rated to 0 degrees)
- Full length Sleeping Pad(s) (MSR Thermarest pads)
- Internal Frame Pack (4,500-6,500 cubic inches required)

The above items can be rented from our office in Mt. Shasta or from the local gear stores. Please let us know if you need to arrange rental equipment.

### **Clothing:**

- Synthetic Top (Mid to Heavy weight recommended)
- Synthetic Bottoms (Mid to Heavy weight recommended)
- Wool or Fleece or Synthetic Shirt
- Wool/ Fleece / Synthetic Sweater or (Arcteryx Delta line)
- Extra Synthetic Top (Heavyweight Recommended)
- Fleece or Down Jacket
- Wool/Fleece or Synthetic Pants
- Wool or Synthetic Socks (3-4 pairs) (Dalgren or Bridgedale)
- Synthetic Liner Socks (3-4 pairs)
- Wool/Fleece Gloves or Mitts (with shells) (Black Diamond Guide)
- Extra pair of Wool / Synthetic Gloves (light liner type)
- Wool / Fleece Hat
- Balaclava/ Face mask
- Gore-Tex Jacket and Pants or Bibs
- Knee Height Gaiters (Black Diamond Frontpoint)

### **Other Important Stuff:**

- 3-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife
- Good Quality (DARK) Sunglasses with side shields (Julbo Sherpas)
- Ski Goggles
- Insulated Cup and spoon
- Small Lightweight plastic bowl
- Sun Block (Rated 25+)
- Chap stick
- Bandanna



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- Sunhat
- Personal First Aid Kit
- Toothbrush and Toothpaste (don't forget dental floss)
- Foam Ear Plugs
- Toilet Paper
- Bic Lighter
- Map & Compass

### **Mountaineering Equipment:**

- Headlamp (good quality) (Black Diamond Icon)
- 12 Point Crampons (Black Diamond Sabertooths)
- Sit Harness and 3-4 locking carabineers (Black Diamond Alpine Bod)

### **Optional:**

- Camera/ extra batteries
- Book
- Journal
- Down Vest
- Personal Ice Axe

### **Lunches and snacks:**

For 2-5 days depending on course length:

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, breakfasts and hot drinks.

**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.

### **Last Messages:**

Sierra Wilderness Seminars reserves the right to refuse services to any client deemed inadequately prepared at the trailhead. If you have questions about your equipment gives us a call or throw it in the car anyway and ask your guide at the trailhead.

11/09