



SWS Mountain Guides

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ICE & SNOW EXPEDITION & 3-DAY GLACIER COURSES EQUIPMENT LIST

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 OR Mt Whitney can be either very warm or very windy and cold - it is usually both! Be prepared to encounter all types of conditions.

PLEASE NOTE: There are lots of **substitutions** available on this equipment list, we use this list from **May through September**, you are **not required** to purchase the exact items, BUT YOU DO NEED to bring quality substitutions. We do require **4 layers on top** and **2-3 layers on the bottom plus hats, gloves, sunglasses and the other items on the list!** If you can't decide on an item or items, feel free to throw it in the car and have the guide help you with the decision at the pack check. If you have any questions about what to bring, **PLEASE**, give us a call at 888-797-6867.

EQUIPMENT:

- Hybrid or Plastic Mountaineering Boots: (Ex: *LaSportiva Evo or Nepal, Scarpa Inverno*)
- Crampons 12 point hinged or semi-rigid crampons (Ex: *Black Diamond Sabertooth or Contact Crampons*)
- Sleeping Bag (Rated to 10-20 degrees, synthetic or down)
- Full length Sleeping Pad
- Internal Frame Pack 3,350-5,200 cubic inch volume or 55 liter to 85 liter volume

Note: You do not need a separate day pack for summit day – carry the above pack snubbed down, packed with only lunch & extra clothing – the rest of the gear stays at base camp.

The above items are available for rent SWS Mountain Guides in Mt. Shasta, CA.

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 - Gore-Tex or Equivalent (Millet Point Break Jacket)***

Note: With attached hood that is large enough to fit over all insulating layer(s) and helmet.

- Pants or Bibs Gore-Tex or Equivalent
Note: Side zippers are a highly recommended feature, for ventilation and for taking them on or off over heavy boots and crampons.
- Gore-Tex Gloves or Mitts with windproof shells or equivalent (*Black Diamond Guide Gloves*)
- Calf Height or Full Length Gaiters (*Black Diamond FrontPoint gaiters*)

UNDERWEAR:

- Synthetic base layer or wool long john Top – Light weight or mid weight
- Synthetic base layer or wool long john Bottoms – Light weight to mid weight

INSULATING LAYERS:

- Fleece or Down Jacket (Millet Alpine Down) ***
- Extra Synthetic Top (expedition weight recommended) or Fleece sweater, or wool shirt or equivalent
- Medium weight synthetic running tights or light fleece pants or synthetic pants
- Bibs or Full zip Gore Tex pants: **recommended for early season (May or early June)**
- 2-3 pairs Wool or Thermal Heavyweight Socks - **no cotton**
- 2-3 pairs Wool or Light Liner Socks – **no cotton-**
- Wool or Synthetic Gloves light liner type (*Black Diamond liner gloves*)
- Wool or Pile Hat - **Note:** a lightweight balaclava is a great idea for sleeping comfort

*** item or an equivalent is available for rent through SWS Mountain Guides

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 Camelback may substitute for all but one wide mouth container.
- Swiss Army-Type Knife or small pocket knife
- Good quality (DARK) sunglasses with side shields -- or wrap around sunglasses



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- Sun block (Rated 25+)
- Chapstick
- Long-sleeved light colored Synthetic t-shirt and bandana --for the hot approach--
- Shorts --for the hot approach--
- Sunhat
- Headlamp (*Black Diamond Spot*)
- Insulated Cup
- Small Bowl and Spoon
- Small First Aid Kit with personal medicines
- Toilet paper
- "Sports Drink" water additive such as Gatorade, Gookinaid, Cytomax, etc.

OPTIONAL:

- Ski poles/ Trekking poles – **Highly recommended!!** (*Black Diamond Flicklock Poles*)
- Camera/Extra Batteries
- Map of the 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

Fleece or Synthetic Pants or Bibs recommended for early season (May thru early June)

SNACKS:

Lunches and high carbohydrate snacks-Examples: Clif 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!

OTHER SERVICES:

Rentals: Pack, Sleeping Bags, Mountaineering Boots, Crampons, Hard-shell Jackets, Down Jackets, Snowshoes, and Trekking Poles are available for rental through SWS. It is recommended that all rentals are reserved prior to date of departure.

Porters: Porters are available by reservation on all Mt. Shasta climbs and cost \$125 each way. Porter's loads are limited to a maximum of 50lbs. For more information please contact the office at 888-797-6867.

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.

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CLIMBING EQUIPMENT:

- Sit Harness (Black Diamond Alpine Bod) -- **SWS will provide**, but bring your own if you wish---
- Personal Ice axe --- **SWS will provide**, but bring your own if you wish---
- Helmet --- **SWS will provide**, but bring your own if you wish---
- 30 ft. of Perlon 6mm (needed for self-rescue)
- 3 Locking carabiners (Pear shape recommended)

OPTIONAL:

- Ski poles/ Trekking poles – **Highly recommended!!** (*Black Diamond Flicklock Poles*)
Note: Available for rent from SWS
- Camera/Extra Batteries
- Map of the 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
- Fleece or Synthetic Pants or Bibs recommended for early season (May thru early June) or Late Season (Mid-September thru October)