



SWS Mountain Guides

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Backcountry Ski/Snowboard Clinic Equipment List

It is important to the success and safety of your course that you bring all the items listed below. We will be skiing or riding in the outside environment away from the vehicles for from several hours to all day, please bring all the items listed and be able to carry them in a day pack. The weather on Mt. Shasta can be either warm or 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 at 1-888.797.6867 or throw it in the car and ask us at the meeting place. We look forward to skiing & riding with you!

The Basics:

- AT (All Terrain/ Randonne) Backcountry Skis
- AT Ski Boots (Vibram- type sole)
- Ski Poles (Adjustable recommended)
- Climbing Skins – right size for your skis
- Day Pack (for lunch water, extra clothing ect.)

The above items can be rented through SWS Mountain Guides in Mt. Shasta, California

Avalanche Safety Equipment:

- ✓ Avalanche Beacon - SWS Mountain Guides Provides
- ✓ Avalanche Probe – SWS Mountain Guides Provides
- ✓ Snow Shovel – SWS Mountain Guides Provides

Clothing:

- Synthetic Base Layer Top
- Synthetic Base Layer Bottoms
- Wool/Fleece/ Synthetic Sweater
- Fleece or Down Jacket
- Synthetic Pants
- Wool or Combined Synthetic Wool Sox (2-3 pairs)
- Synthetic Liner Sox (2-3 pairs)
- Fleece / Wool Gloves (with shells)
- Fleece Hat
- GoreTex Jacket or equivalent rain/snow/wind jacket.
- GoreTex Pants/Bibs or equivalent rain/snow/wind pants
- Knee Height Gaiters

Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers or Hydration System (1-2 liters)
- Swiss Army Type Knife or other small pocket knife
- Good Quality (DARK) Sunglasses with side shields
- Small plastic bowl (lightweight)
- Sun Block (Rated 25+) & Chapstick
- Bandanna
- Sunhat (baseball cap or other type)
- Headlamp (something to stick on your head so it leaves your hands free!)
- Small personal first aid kit (include personal medication)

Optional:

- Balaclava/Face mask
- Ski Goggles
- Down Vest
- Camera/Batteries

For Lodge or In Town:

- Lodge Clothing
- Toothbrush & Toothpaste
- Soap, Shampoo, Brush etc.
- Lunches and snacks for 1-2 days, Lunches and high carbohydrate snacks-Examples: Clif Bars, Power Bars,