



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### Basic & Advanced Alpine Mountaineering Course Equipment List

We will be climbing in the outside environment, please bring all the items listed below and be able to carry them in a day pack to the climbing site which maybe a short hike away from the vehicles. You may need room in your pack to carry a portion of the group climbing equipment (i.e. ropes, climbing gear) If you have any questions give us a call at 1-888.797.6867

#### The Basics:

- Mountaineering Boots -Modern leather hybrid with Vibram lug sole
- Light Hiking Boots or approach shoes
- Rock Climbing shoes
- Medium size day pack (3,000 cubic inches)
- Sit Harness (can be provide by SWS)
- Helmet (provided by SWS)
- Crampons (Contact crampons provided by SWS)
- Ice Ax (70cm in length or longer) provided by SWS)

#### Clothing:

- Shorts (not too tight or short)
- T-shirt
- Loose fitting climbing pants / Sweats or Gym type clothing-no jeans
- Synthetic Longjohn Top - Lightweight
- Synthetic Longjohn Bottoms-
- Light weight Wool or Bunting, Pile, or Synthetic Shirt or sweater
- Fleece or Down Jacket
- Wool or Synthetic Knickers or Pants
- 2 pair of Wool Sox
- Synthetic Sox
- Wool or Synthetic Gloves or Mitts
- Wool or Synthetic Hat
- Wind/ Rain Jacket
- Wind / Rain Pants
- Knee Height Gaiters
- Sunhat
- Bandana
- Extra camp clothing

#### Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers or hydration system

- Swiss Army Type Knife
- Good Quality (DARK) Sunglasses with side shields
- Sunscreen (rated 15)
- Chapstick
- Toilet Paper

#### For Camping Overnite:

- Sleeping Bag (rated to 25 degrees)
- Sleeping Pad
- Tent (can be rented from SWS)
- Cup
- Small Bowl and/or plate
- Fork and Spoon
- Cooking Stove and Fuel

#### Optional:

- Ice Tools (Can be provided by SWS Advanced Alpine Course ONLY)
- Camera and Extra Batteries
- Note pad and pencil

#### Provided by SWS

- ✓ Ice Ax
- ✓ Crampons
- ✓ Climbing Harness
- ✓ Technical Equipment
- ✓ Helmet

**Lunches and snacks** for 2-3 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 does not provide food on this trip unless otherwise noted. v15.0