



## SWS Mountain Guides

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### SWS Mountain Guides

#### Mt. Shasta Ice Axe & Basic Mountain Clinic Equipment List

It is important to the success and safety of your clinic that you bring the items listed below. The weather can be either warm or windy and cold - it is sometimes BOTH! If you have any questions about what to bring, please give us a call, toll-free, at 888-797-6867.

##### The Basics:

- Good Quality Hiking, Backpacking or Mountaineering Boots\* - Full Grain Leather Hiking boots, Modern leather hybrid or Plastic Double Boots  
*\*Boots are available for rent from SWS Mountain Guides in Mt. Shasta, CA.*
- Day Pack (that can accommodate your gear plus ice ax and helmet)
- Crampons\* (Ex: Black Diamond Sabertooths or Contacts) Contact crampons **provided by SWS**
- Ice Ax\* (70cm in length or longer) (Ex: Black Diamond Raven) Raven ice axes **provided by SWS**

##### Clothing:

- Thermal base layer, synthetic or wool top – lightweight to midweight (Ex: Nike or Under Armor, running shirts )
- Thermal base layer, synthetic or wool bottoms- lightweight to midweight (Ex: Running Tights or Long Johns)
- Wool, pile, or synthetic shirt or sweater (**No Cotton**)
- Fleece or Synthetic jacket
- Wool or synthetic pants (ski or snowboarding pants, or synthetic hiking pants - **No Cotton Pants**)
- Wool or synthetic socks
- Wool or synthetic liner socks

##### LUNCHES AND 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 does not provide any snacks or lunches on this course.**

##### OTHER SERVICES:

**Rentals:** Boots, Hard-shell Jackets, Down Jackets, Snowshoes, Gaitors, and Trekking Poles are available for rental through SWS Mountain Guides. It is recommended that all rentals are reserved prior to date of departure.

- Wool or synthetic gloves (Ex: Ski or Snowboarding gloves)
- Wool or synthetic hat
- Rain & Wind Jacket or Gore-Tex Hardshell\* or Softshell Jacket\*
- Rain & Wind Jacket or Gore-Tex climbing Pants (Ex: Ski or Snowboarding type pants)
- Knee Height Gaiters \*
- Sunhat  
*\*Items are available for rent from SWS Mountain Guides in Mt. Shasta, CA.*

##### Other Important Stuff:

- 2 - one liter, Wide Mouth Water Containers or Camelbak Hydration system
- Good Quality (DARK) Sunglasses wrap around lens or with side shields
- Sunscreen (rated 25+)
- Chapstick
- Toilet Paper

##### Optional:

- Bandanna
- Camera and extra batteries
- Note pad and pencil

##### Provided by SWS Mountain Guides:

- Ice Axe
- Crampons
- Climbing Harness
- Technical Equipment
- Helmet