



SWS Mountain Guides

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Summer Sierra Technical Equipment List Mt. Whitney East Face/Buttress / Palisades / Other Sierran Peaks

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 Whitney or other Sierran Peaks 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 **June through October**, you are **not required** to purchase the exact items, BUT YOU DO NEED to bring quality substitutions. We do require **3-4 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.

The Basics:

- Sleeping Bag (light weight-rated to 25 F / -5 C)
- Internal Frame Pack (50-70 liters)
- Small Summit Pack to carry on Technical climbs
- 3/4 Sleeping Pad (Closed cell foam, Thinsolite, Thermarest or full length ok)
- Good Hiking Boots (designed for hiking rough trails)
- Approach Shoes / Trail hikers for descents from Technical Climbs (check with your guide)

Clothing:

- Hiking shorts
- Long pants or Synthetic Climbing Pants
- Synthetic T-shirt / Hiking Shirt
- Wool shirt or light/medium weight synthetic long John top
- Lightweight synthetic long John bottom
- Lightweight Wool or Pile or Bunting sweater or jacket
- Wind breaker (can use rain jacket)
- Wool or Fleece cap or balaclava
- Lightweight Wool or Fleece Gloves
- Sunhat or visor
- 2-3 pair of wool sox
- 2-3 pair of wool or synthetic liner
- Rain / Wind jacket and Rain/ Wind pants (Goretex recommended)

Other Important Stuff:

- Small towel or bandana
- Sneakers or camp shoes (sport sandals work)
- Sunglasses
- Swiss Army Knife (or small pocket knife)
- Headlamp (something to stick on your head so it leaves your hands free)

- Small first aid kit (include personal medication)
- Sunblock (rated to SPF 25+)
- Chapstick
- Bic lighter
- Toilet paper
- Toothbrush and toothpaste (don't forget the dental floss)
- Insect repellent (depending on time of year)
- 3-one quart or liter wide mouth water containers(a hydration system such as Camelbak can substitute for up to two water containers)
- Large plastic cup
- Small plastic bowl (lightweight)
- Spoon

Mountaineering Equipment:

- Sit Harness (SWS provides if needed)
- 3 large locking pear-shaped carabiners
- Rappel/Belay Device
- Two long runners or Daisy chains
- Rock Shoes – **only on climbs of 5.6 or above**
- Crampons 12 point hinged or semi-ridged (SWS can provide if needed)

Optional Mountaineering Equipment:

- Personal Ice Axe (SWS Provides if needed)
- Crampons 12 point hinged or semi-ridged (SWS Provides if needed)
- Personal Ice Tools (SWS can provide if needed)
- Personal Helmet (SWS Provides)
- Personal Harness (SWS Provides)

Other Optional:

- Down Vest or Light Down Jacket - (depends on time of year)
- Camera/extra batteries



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- Book and/or Journal
- Ski Poles or Trekking Poles
- Low cut scree gaiters or regular knee height gaiters either are highly recommended.

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 will provide dinners, breakfast and hot drinks.** **NOTE:** Summit day will be 14-16 hours of sustained effort!

OTHER SERVICES:

Rentals: Packs, Snowshoes, Crampons, 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 \$150 each way. Porter's loads are limited to a maximum of 45 lbs. 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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