



SWS Mountain Guides

210 East Lake St.

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Multi-Day Sierra Alpine Technical Equipment List Mt. Whitney East Face/Buttress / Palisades Climbs & Camps Other Technical Climbs & Sierran Peaks

For the success and safety of your course please bring the following items. This equipment list is designed to keep you warm and dry in the environment in which you will be hiking and or climbing, while keeping the weight you will carry to a minimum. If you have a question(s) about a certain item(s) feel free to give us a call. You can expect daytime temperatures to be warm and nights will be cool. Weather in the mountains is Very changeable even in the summer. It maybe very warm or it may snow! This list will prepare you for all types of weather. If you have any questions about what to bring just give us a call or throw it in the car and ask us at the trailhead.888-797-6867

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 10-20 F / -5 -10 C)
- Internal Frame Pack (50-65 liters)
- 3/4 Sleeping Pad (Closed cell foam, Thinsolite, Thermarest - ok)
- Good Mountaineering Boots - designed for hiking rough trails & crampon compatible preferred
- Approach Shoes / Trail hikers for descents from Technical Climbs (check with your guide)

Clothing:

- Hiking shorts
- Long lightweight pants or Synthetic Climbing Pants – can use Rain Pants
- Synthetic T-shirt / Hiking Shirt
- Wool shirt or light/medium weight synthetic long John top for Fleece shirt
- Lightweight synthetic long John bottom
- Lightweight Down or Synthetic or Fleece sweater or jacket
- Wind breaker (can use Rain Jacket)
- Wool or Fleece cap or balaclava
- Wool or Synthetic Gloves
- Sunhat or visor
- 2-3 pair of wool sox
- 2-3 pair of wool or synthetic liner (No Cotton)
- Rain / Wind jacket and Rain/ Wind pants (Goretex recommended)
- Gaitors- (Calf-high – the long ones)
- Bandana or small towel

Other Important Stuff:

- Sunglasses
- Swiss Army Knife (or small pocket knife)
- Headlamp w/extra batteries
- Small first aid kit (include personal medication)
- Sunblock (rated to SPF 25+)
- Chapstick
- Bic lighter
- Toilet paper
- Toothbrush and toothpaste
- Insect repellent
- 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 can provide)
- 3 large locking pear-shaped carabiners
- Rappel/Belay Device
- 2 Double Length Nylon Runners (36" minimum)
- Rock Shoes – **only on climbs of 5.6 or above** (Rentals available)
- Crampons 12 point hinged or semi-ridged (SWS can provide)



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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:

- Synthetic or Down Vest (depends on time of year)
- Ski Poles or Trekking Poles
- Sneakers or camp shoes (sport sandals work)

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, Rock Shoes 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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