



SWS Mountain Guides

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High Sierra Route Light Equipment List

It is extremely important to the success and safety of your course that you bring all the items listed below. It is also important that you pack well and pack light. A light pack not only makes for easier uphill travel but also easier skiing downhill. If you have any questions about what to bring please give us a call: 888-797-6867 or email: tim@swsmtns.com

The Basics:

- Ski Mountaineering Skis or Split Snowboard Only
- Ski Mountaineering Boots or Snowboarding Boots (Crampon compatible)
- Ski Poles (Adjustable recommended)
- Climbing Skins
- Down Lightweight Sleeping Bag (rated to 20 degrees F.)
- Full length Sleeping Pad
- Internal Frame Pack (3,000-4,000 cubic in or 50-65 liters)
- Avalanche Probe (can be provided by SWS)
- Snow Shovel (can be provided by SWS)
- Avalanche Beacon (can be provided by SWS)

Clothing

- Light weight Synthetic Top
- Lightweight Synthetic Bottoms
- Midweight layer Synthetic Top or light fleece layer
- Lightweight Pile or Down Jacket
- Wool or Combined Wool/Synthetic Ski Socks (2-3 pairs)
- Synthetic Liner Socks (3 pairs)
- Midweight gloves with wind covers or wind proof outers
- Wool/Pile Hat
- GoreTex Jacket or equivalent rain/snow/wind jacket.
- GoreTex Pants or equivalent rain/snow/wind pants

Other Important Stuff:

- 3-one Liter Wide Mouth Water Containers or Hydration system with one Wide Mouth Water Container
- Small Leatherman or other small pocket knife
- Good Quality (DARK) Sunglasses with side shields
- Spoon

LUNCHES & SNACKS FOR 7-8 DAYS:

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 Mountain Guides will provide dinners, breakfasts and hot drinks. Remember to keep it light!!

LAST MESSAGES: SWS Mountain Guides reserves the right to refuse services to any client deemed inadequately prepared at the trailhead. 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. Remember to pack light and small, measure all your items and weight them as well. You will enjoy the ski route much better if you are traveling light! 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. V16.3

- Small plastic bowl (lightweight)
- Sun Block (Rated 35+) -- just enough for 7-8 days
- Chapstick
- Buff or 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 & small blister kit (we will have a group first aid kit)
- Toothbrush and Toothpaste (enough for only 7-8 days)
- Foam Ear Plugs
- Toilet Paper
- Bic Lighter
- Compass
- Large light cup or mug

Climbing Gear:

- Crampons (lightweight aluminum crampons or step-in crampons are fine)
- Ice Ax -lightweight type (can be provided by SWS)

Optional:

- Ski Helment
- Balaclava /Face mask
- Journal (small and light notebook)
- Ski Goggles
- Down or Fleece Vest
- Lightweight liner gloves
- Ski Crampons