



## SWS Mountain Guides

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### Rock Climbing Equipment List

**Alabama Hills, Castle Crags, Crystal Crag, Mammoth Lakes Area,  
Eastern Sierra Nevada, Smith Rocks, Joshua Tree, Castle Crags**

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 hike away from the vehicles. If you have any questions give us a call at 888.797.6867

#### The Basics:

- Light Hiking Boots, Approach shoes, or Quality Tennis Shoes
- Medium size day pack – 2,000 cu inches or 30-40 liter pack.

#### Clothing:

- Hiking shorts
- Long lightweight pants or Synthetic Climbing Pants – or 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
- Sunhat or visor
- Rain / Wind jacket and Rain/ Wind pants (Goretex recommended)
- Bandana

#### Technical Rock Equipment:

- Sit Harness (SWS can provide)
- 3 large locking pear-shaped carabiners
- Rappel/Belay Device
- 2 - 36” inch Nylon Runners (36” minimum) **or** 1- 48” inch Nylon Runner
- Rock Shoes (Rentals available)

#### Other Important Stuff:

- 2-one Liter Water Containers or Hydration system (camelbak)
- Good Quality (DARK) Sunglasses
- Sunscreen (rated 15)

- Swiss Army Knife (or small pocket knife)
- Chapstick
- Headlamp or Flashlight
- Toilet Paper
- Insect repellent

#### For Camping Overnite:

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

#### Optional:

- Down Vest
- Light Wool/Polypro Gloves
- Wool or Fleece cap
- Chalk Bag
- Extra carabiners (please have equipment marked)
- Personal climbing equipment (please have equipment marked)
- Personal car camping equipment (if camping) sleeping bags, tents, stoves,
- Extra camp clothing – if camping overnite

**Lunches and snacks** for 1-5 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.