



## SWS Mountain Guides

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[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### ADVANCED WINTER MOUNTAINEERING EQUIPMENT LIST

#### MT. WHITNEY OR MT. SHASTA CLIMBS/COURSES

It is critical 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. Shasta 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 substitutions available on this equipment list, we use this list from **November through May**, you are **not required** to purchase the exact items, BUT YOU DO NEED to bring quality substitutions. You do need four **plus layers on top** and **2-3 plus layers on the bottom** as well as **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.

#### EQUIPMENT:

- Mountaineering Boots - Modern leather hybrid (Ex: LaSportiva Nepal Evo GTX) or Plastic Double Boots (Ex: Scarpa Inverno)
- Snowshoes (**MSR Denali –Available for Rent from SWS**)\*\*\*
- Crampons 12 point hinged or semi-rigid crampons or (Ex: **Black Diamond Sabertooth or Contact crampons**)\*\*\*
- Sleeping Bag (Rated to 0 -10 F or -10 to -15 C, synthetic or down)
- Full-length Sleeping Pad
- Internal Frame Pack 3,800 - 6,000 cubic inch volume (60-80 liter Packs)

**Note:** you don't need a separate day pack for summit day - carry this pack snubbed down, packed with only lunch & extra clothing - the rest of your gear stays at base camp.

*The above items are available for rent from local shops in Mt. Shasta, check our resources at [www.swsmountainguides.com](http://www.swsmountainguides.com) or see attached SWS Mountain Guides Rental Request Form*

#### OUTER SHELL LAYER:

Since this layer is your first line of defense against the elements (the wind, rain, snow and cold) it is imperative that they are of the proper design, fit, and construction.

- Parka - Gore-Tex or Equivalent (Ex: **Millet Point Break Jacket**)\*\*\*  
Note: With attached hood that is large enough to fit over all insulating layer(s) and helmet.
- Pants or Bibs Gore-Tex or Equivalent  
Note: Side zippers are a highly recommended feature, for ventilation and for taking them on or off over heavy boots and crampons.
- Gore-Tex Gloves or Mitts with windproof shells or equivalent (Ex: **Black Diamond Guide Gloves**)
- Calf Height or Full Length Gaiters (Ex: **Black Diamond GTX FrontPoint** Gaiters)

\*\*\* - these items or an appropriate equivalent is available for rent through SWS.

#### UNDERWEAR:

- Synthetic base layer or wool long john Top – Lightweight or mid weight
- Synthetic base layer or wool long john Bottoms – Lightweight to mid-weight

#### INSULATING LAYERS:

- Fleece Jacket
- Down Jacket (**Millet Alpine Down**)\*\*\*
- Extra Synthetic Top (expedition weight recommended) or Fleece sweater, or wool shirt or equivalent
- Medium weight synthetic running tights or light fleece pants or synthetic pants
- Bibs or Full zip Gore-Tex pants
- 3-4 pairs Wool or Thermal Heavyweight Socks - no cotton
- 3-4 pairs Wool or Light Liner Socks – no cotton
- Wool or Synthetic Gloves light liner type (Ex: **Black Diamond liner gloves**)
- Wool or Pile Hat - Note: a lightweight balaclava is a very good idea for sleeping comfort

#### OTHER IMPORTANT STUFF:



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- Nylon stuffsacks for gear organization (enough for all equipment)
- 3 - one liter, wide-mouth water containers (no runner's or bike bottles please!) \*A hydration systemsuch as Camelback is **NOT** recommend unless they are fully winterized and insulated, and you still need 2- one-liter bottles!
- Swiss Army-Type Knife or small pocket knife
- Good quality (DARK) mountaineering sunglasses with side shields
- Ski or Snowboarding Goggles
- Insulated cup and spoon
- Small plastic bowl (lightweight)
- Sun block (Rated 25+)
- Chapstick
- Sunhat
- Headlamp (Ex: **Black Diamond Spot**)
- Toothbrush and toothpaste
- Small First Aid Kit with personal medicines
- Foam ear plugs-- helps provide a good night's sleep by minimizing tent & tent mate noise
- Toilet paper
- Bic lighter
- "Sports Drink" water additive such as **Gatorade Powdered Mix**, etc.

### CLIMBING EQUIPMENT:

- Sit Harness (Ex: Black Diamond Alpine Bod) --SWS will provide, but bring your own if you wish---
- Personal Ice ax and Helmet --- SWS will provide these items, but bring your own if you want---
- Ski poles/Trekking poles – **Highly recommended!!** (Ex: **Black Diamond Flicklock Adjustable Poles**)\*\*

### OPTIONAL:

- Map of area (Mt. Shasta Topo or Mt. Whitney Topo or as needed)
- Balaclava (face mask, nice if it's stormy)
- Down or Fleece Vest: This is nice to have, if your budget allows, but not necessary if you have adequate fleece gear
- Fleece or Synthetic Pants or Bibs highly recommended
- Bandanna – for a variety of uses
- Wet wipes

### LUNCHES AND SNACKS FOR 2-5 DAYS DEPENDING ON THE COURSE:

Lunches and high carbohydrate snacks-Examples: Clif Bars, Luna 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.**

### Other Services:

**Rentals:** Hardshell Jackets, Down Jackets, Snowshoes, Crampons, and Trekking Poles are available for rental through SWS. It is recommended that all rentals\*\*\* are reserved before date of departure.

### 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 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 before your trip, preferably for the whole preceding week - it will make your adjustment to altitude and exertion infinitely easier.

\*\*\* - this item or an appropriate equivalent is available for rent through SWS.

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