



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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

Phone: 888.797.6867 / Fax: 877.797.6867

### BASIC WINTER EQUIPMENT LIST

#### Basic Winter Mountaineering Lassen Volcanic National Park

It is critical to the success and safety of your course that you bring all the items listed below. It is most important that you pack well and pack light. The weather in the winter can be either warm, windy, snowy, cold or all of the above. Be prepared to encounter all types of weather conditions. If you are undecided about an item on the list or if a substitute would be of equal value, please give us a call or email. You can always throw extra items into your vehicle and ask us at the trailhead.

Questions give us a call: 888.797.6867

#### The Basics:

- Snowshoes\* (Recommended - MSR Denali)
- Winter Mountaineering Boots\*
- Ski Poles\*
- Sleeping Bag \*- rated to 10 F degrees or below
- Full-length Sleeping Pad \*
- Internal Frame Pack\* (4,000-6,000 cubic inches)
- ✓ Ice Ax & Crampons - *Provided by SWS Mountain Guides*
- ✓ Helmet - *Provided by SWS Mountain Guides*

\* Items can be rented from SWS Mountain Guides - See Rental Request Form or give us a call

#### Clothing:

- Synthetic Long John Top
- Synthetic Long John Bottoms
- Extra Synthetic Top (expedition weight recommend) or Pile sweater, or wool shirt or equivalent
- Pile or Down Jacket \*
- Wool or Pile Pants or Bibs
- 3-4 pairs Wool or Heavy Thermal Socks No Cotton!
- 3-4 pairs Wool or Synthetic Liner Socks
- Gore-Tex Gloves or Mitts with shells or equivalent (Ex: Black Diamond Guide gloves)
- Wool/Pile Hat
- Gore-Tex Jacket\* or equivalent
- Gore-Tex Pants/Bibs or equivalent

- Calf Height/ Full Length Gaiters\*

#### Other Important Stuff:

- 3 - one liter, Wide Mouth Water Containers
- Swiss Army Type Knife or another small pocketknife
- Good Quality (DARK) Sunglasses with side shields
- Insulated Cup
- Spoon
- Small plastic bowl (lightweight)
- Sun block (Rated 25+)
- Chapstick
- Bandanna
- Sunhat (baseball cap or equivalent)
- Headlamp (Ex: Black Diamond Spot)
- Small personal first aid kit (include personal medication)
- Toothbrush and Toothpaste
- Foam Ear Plugs
- Toilet Paper
- Bic Lighter
- Compass

#### Optional:

- Balaclava/Facemask
- Journal
- Ski Goggles
- Down Vest
- Book (for those long winter nights)

**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 Mountain Guides will provide dinners, breakfasts, and hot drinks.**



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### **Other Services:**

**Rentals:** Hardshell Jackets, Down Jackets, Snowshoes, Crampons, and Trekking Poles are available for rental through **SWS Mountain Guides**. Highly recommended that all rentals are reserved before the date of departure. Not all rentals are available at all venues or locations; please contact the SWS Mountain Guides Office for rental availability for your climb or course.

### **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 2-4 QUARTS OF WATER A DAY for at least 2-3 days before your trip, preferably starting the preceding week - it will make your adjustment to altitude and exertion infinitely easier to be well hydrated.

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### **Notes:**