



SWS Mountain Guides
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AVALANCHE EQUIPMENT LIST

Level I & II

It is important to the success and safety of your course that you bring all the items listed below. The weather in the winter can be either warm or very windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call at: 1-888-SWS-MTNS (797-6867)

The Basics:

- Snowshoes** or Metal edged Backcountry Skis (Telemark or Randonnee Systems)
- Climbing Skins** or Ski Waxes (For waxable skis)
- Winter Hiking Boots** or Backcountry Ski Boots (Vibram- type sole recommended)
- Ski Poles** for snowshoers and skiers (Adjustable recommended)
- Day Pack**

The above items can be rented at your local climbing shop or call us for a shop in your area.

Clothing

- Synthetic Top
- Synthetic Bottoms
- Wool or Pile or medium weight Synthetic Shirt
- Pile or Down Jacket
- Synthetic or Fleece Pants
- Wool or Synthetic Sox (2 pairs)
- Polypro Liner Sox (2 pairs)
- Wool/Fleece Gloves or Mitts (with shells)
- Wool/Fleece Hat
- GoreTex Jacket or equivalent rain/snow/wind jacket.
- GoreTex Pants/Bibs or equivalent rain/snow/wind pants
- Knee Height Gaiters

Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocket knife
- Good Quality (DARK) Sunglasses with side shields
- Sun Block (Rated 25+)
- Chapstick
- Sunhat (baseball cap or other type)
- Headlamp (something to stick on your head)

For The Lodge:

- Sleeping Bag
- Lodge Clothing
- Toothbrush and Toothpaste (don't forget dental floss)
- Soap, Shampoo, Brush, etc.

Optional:

- Balaclava/Face mask
- Notebook and pencil
- Ski Goggles
- Down Vest
- Camera/Film

Lunches and snacks for 2-4 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.

Dinners and Breakfasts: Can be found in Mt. Shasta, we will usually get together for a evening group dinner in Mt. Shasta, you are welcome to join us.

Lodging: All types of lodging can be found in Mt. Shasta City including camping. Contact us for lodging and camping recommendations and/or special accommodations for this course. Give us a call at 1-888-797-6867