



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Phone: 888.797.6867 / fax: 877.797.6867

Mt. Shasta Ice Axe Clinic Equipment List

It is important to the success and safety of your clinic that you bring the items listed below. The weather can be either warm or windy and cold - it is sometimes BOTH! If you have any questions about what to bring, please give us a call, toll-free, at 1-888-797-6867.

The Basics:

- ❑ Mountaineering Boots - Modern leather hybrid (Ex: Scarpa Summit GTX) or Plastic Double Boots (Ex: Scarpa Inverno or Omega)
- ❑ Crampons* (Ex: Black Diamond Sabertooths or Contacts) Contact crampons **provided by SWS**
- ❑ Ice Ax* (70cm in length or longer) (Ex: Black Diamond Raven) Raven ice axes **provided by SWS**.
- ❑ Day Pack (that can accommodate your gear plus ice ax and helmet)

The above items are available for rent from the Fifth Season (530-926-3603) or Shasta Basecamp (530-926-2359) in Mt. Shasta City or from other outfitters in your area.

Clothing:

- ❑ Thermal base layer, synthetic or wool top – lightweight/ midweight (Ex: Arcteryx Rho top)
- ❑ Thermal base layer, synthetic or wool bottoms- lightweight/ midweight (Ex: Arcteryx Rho bottoms)
- ❑ Wool, pile, or synthetic shirt or sweater (Ex: Arcteryx Delta AR)
- ❑ Fleece or down jacket (Ex: Arcteryx Delta SV)
- ❑ Wool or synthetic pants/bibs (Ex: Arcteryx Gamma series pants)
- ❑ Wool or synthetic socks
- ❑ Wool or synthetic liner socks
- ❑ Wool or synthetic gloves or mitts (Ex: Black Diamond Guide or Glissade)
- ❑ Wool or synthetic hat
- ❑ Rain / Gore-Tex Jacket (Ex: Arcteryx Alpha SV)
- ❑ Rain / Gore-Tex Pants (Ex: Arcteryx Alpha SV bibs)
- ❑ Knee Height Gaiters (Ex: Black Diamond Frontpoint)
- ❑ Sunhat

Other Important Stuff:

- ❑ 2 - one liter, Wide Mouth Water Containers
- ❑ Swiss Army Type Knife
- ❑ Good Quality (DARK) Sunglasses with side shields
- ❑ Sunscreen (rated 25+)
- ❑ Chapstick



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Phone: 888.797.6867 / fax: 877.797.6867

- Toilet Paper
- Lunch and high carbohydrate snacks for the day

Examples: Clif Bars, Luna Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. SWS does not provide food on this trip.

Optional:

- Bandanna
- Camera and film
- Note pad and pencil

Provided by SWS:

- Ice Axe
- Crampons
- Climbing Harness
- Technical Equipment
- Helmet
- Clif Bars & Recharge Drinks

V1208