



SWS Mountain Guides
P.O. Box 988
Mt. Shasta, Ca. 96067

Phone: 888.797.6867
Fax: 877.797.6867
Email: mail@swsmtns.com
Website: www.swsmountainguide.com

BASIC SURVIVAL FOR BACKPACKERS EQUIPMENT LIST

For the success and safety of your course please bring the following items. This equipment list is designed to keep you warm and dry in the environment in which you will be hiking while keeping the weight you will carry to a minimum. Please do not substitute items, or bring extra items. If you have a question(s) about a certain item(s) feel free to give us a call. You can expect daytime temperatures to be warm and nights will be cool. Weather in the mountains is very changeable even in the summer. It may be very warm or it may snow! This list will prepare you for all types of weather. **Please follow it.** We will have a pack check prior to leaving the trailhead.

Note: This list includes what you'll be wearing!

- Well-fitting and comfortable Backpack
- High Quality Sleeping Bag-Down or Synthetic Filled (light weight-rated to 20 degrees)
- Good Light-Weight Hiking Boots
- Inexpensive Rain Pants
- Rain-proof jacket(serves as windbreaker too)
- Hiking shorts
- One T-shirt
- Wool shirt or Lightweight Wool Sweater
- Wool or acrylic cap
- Sunhat or visor
- 2 pair of wool socks
- 2 pair of wool or synthetic liners (Please No cotton socks - WET COTTON HURTS FEET!)

- OTHER NECESSARY ITEMS:
- 8' x 10' Lightweight plastic drop cloth with grommets
- Six snap clothes pins (for use in making shelter)
- Two heavy duty garbage sacks
- 50 ft of nylon cord
- Sunglasses
- Swiss Army-type Knife
- Small flashlight (small headlamp is ok) 2 AA Batteries
- Sunscreen (rated to at least 15)
- Chap stick
- Insect repellent
- Compass (Silva type with base plate)
- Map of the area (Golden Trout Wilderness, can be purchased at Lone Pine Forest Service Office or Visitors' Center)
- Bic lighter
- Toilet paper
- 1 Quart or Liter water container (WIDE MOUTHED)
- Large metal cup
- Small first aid kit with personal prescriptions if needed (include moleskin and Vaseline)

- OPTIONAL:
- Camera and Film
- Toothbrush and Toothpaste
- Small notebook and pencil
- Long (Light-weight) pants** (you can make do with just your rain pants, if you prefer)
- **Sweats, IF they are acrylic or polyester blends are good - but remember-NO Levis or jeans (WET DENIM STAYS WET)