



RECOMMENDED PACKING LIST

Shasta 2 & 3-Day West Face, Avalanche Gulch, Casaval Ridge, Hotlum Bolam Ridge routes

Having the right gear is essential for a successful and safe trip, especially in environments where weather can change rapidly. It's crucial that you bring all the items listed below to ensure both your safety and the success of your course. **We use this list from May through September, you are not required to purchase the exact items, BUT YOU DO NEED to bring quality substitutions.** We do require 4 layers on top and 2-3 layers on the bottom, along with gloves, sunglasses, mountaineering boots.

Mountain conditions can range from warm to very windy and cold, so be prepared to encounter all types of weather during your time in the field.

Choose clothing that's warm, lightweight, and durable, and think in terms of layering—this allows for flexibility, quick drying, and protection against wind, water, and abrasion. Everyone has different tolerances to heat and cold, so feel free to adjust the gear list based on your needs. For example, if your hands tend to get cold, consider bringing warmer gloves than what's suggested. If you're unsure about a specific item or want to know more about the conditions you're likely to encounter, check in with us ahead of time.

This list is designed with unsettled weather in mind, so if the forecast looks good, some items can be left behind to lighten your pack. Feel free to connect with us a few days before your trip to get the most up-to-date weather forecast and gear advice.

In some cases, we've suggested specific products or brands that we personally like, but there are many comparable options available. If you have any questions about what to bring, don't hesitate to give us a call at 1-888-797-6867—we're happy to help!

| | | Item | Description | Example |
|----------|--------------------------|-------------------------------------|---|--|
| Clothing | <input type="checkbox"/> | Synthetic Top | Base-Layer type top (Light or Medium Weight) | Men's REI lightweight Base-Layer Top Women's REI lightweight Base-Layer Top |
| | <input type="checkbox"/> | Synthetic Bottoms | Base-Layer type bottom (Light or Medium Weight) | Men's REI Base-Layer Bottoms Women's REI Base-Layer Bottoms |
| | <input type="checkbox"/> | Medium Weight Wool Or Synthetic Top | Light-to-medium weight insulated top | Men's Coefficient LT Hybrid Hoody Women's Coefficient Hoody |
| | <input type="checkbox"/> | Synthetic Pants | Water resistant & Windproof | Men's Black Diamond Alpine Pant Women's Black Diamond Alpine Pant |
| | <input type="checkbox"/> | Puffy Jacket w/ Hood | Down or synthetic fill - Down will generally pack smaller but needs to stay dry | Men's Belay Parka Women's Belay Parka |
| | <input type="checkbox"/> | Shell Jacket w/ Hood* | Gore-Tex or equivalent - waterproof/windproof (ideally non-insulated) | Men's Outdoor Research Headwall Jacket Women's Outdoor Research MicroGravity Jacket |
| | <input type="checkbox"/> | Shell Pants | Gore-Tex or equivalent - waterproof/windproof (ideally non-insulated and able to be vented) | Men's Outdoor Research Foray Pant Women's Outdoor Research Headwall Pant |
| | <input type="checkbox"/> | Neck Gaiter / Balaclava | Great for wind and sun protection | Various Neck Gaiters |
| | <input type="checkbox"/> | Wool/Synthetic Hat | Beanie type that can fit under your helmet | Black Diamond Light Knit Beanie |
| | <input type="checkbox"/> | Insulated Gloves | Windproof/waterproof | Black Diamond Guide Gloves |
| | <input type="checkbox"/> | Thick Socks (2 Pair) | Wool/Synthetic (No cotton) | Darn Tough Mountaineering Socks |

| | | Item | Description | Example |
|-----------------|--------------------------|--------------------------------|---|--|
| Optional Layers | <input type="checkbox"/> | Soft-Shell Jacket | Breathable, water resistant and windproof (Hooded preferred) | Men's Marmot Softshell Jackets Women's Marmot Softshell Jackets |
| | <input type="checkbox"/> | Down Vest / Micro-Puffy | Medium weight insulated jacket | Men's Mountain Hardwear Ghost Whisperer Down Hoodie Women's Mountain Hardwear Ghost Whisperer Down Hoodie |
| | <input type="checkbox"/> | Lightweight Gloves | Wool or Fleece - light or medium-weight for sun protection / warmer days | Men's Stormtracker Sensor Gloves Women's Stormtracker Sensor Gloves |
| | <input type="checkbox"/> | Sun Hat | Baseball type hat is great (we like 5 panel hats) | 5 Panel Hats At REI |
| | <input type="checkbox"/> | Sun Hoody | Can be used in place of synthetic top base-layer if sunny conditions are expect. | Black Diamond Alpenglowl Hoodie |
| | <input type="checkbox"/> | Approach Shoes | More comfortable hiking shoe for later summer climbs when there is little/no snow at lower elevations | Men's La Sportiva TX3 Women's La Sportiva TX3 |
| | <input type="checkbox"/> | Shorts | Can be nice for the hike in and out from camp on hot summer days | Men's Marmut Aenergy Light SO Shorts Women's Marmut Aenergy Light SO Shorts |
| | <input type="checkbox"/> | Synthetic Liner Socks (2 Pair) | Worn under thick socks | Various Liner Socks |



| | | Item | Description | Example |
|---------------------|--------------------------|-----------------------|---|--|
| Technical Equipment | <input type="checkbox"/> | Crampons* | Mountaineering design, not micro-spikes or ice climbing specific | Black Diamond contact crampons |
| | <input type="checkbox"/> | Ice Axe | Piolet Style, not ice climbing specific (<i>provided by SWS</i>) | Black Diamond Raven ice axe |
| | <input type="checkbox"/> | Climbing Helmet | Comfortable and lightweight (<i>provided by SWS</i>) | Black Diamond climbing helmets |
| | <input type="checkbox"/> | Mountaineering Boots* | Insulated and waterproof (La Sportiva, Lowa, Scarpa, Zamberlan are all great!) | Men's La Sportiva Nepal Cube GTX Women's La Sportiva Nepal Cube GTX |
| | <input type="checkbox"/> | Gaiters* | Knee height - Helps protect pants and keep snow out of boots | Expedition Crocodile Classic Gaiters |
| | <input type="checkbox"/> | Backpack* | 65-75 liters (large enough to accommodate your items including an ice axe, helmet, and crampons + a small amount of group gear) - YOU DO NOT NEED A SEPARATE PACK FOR SUMMIT DAY | Black Diamond Mission 75 Backpack |
| | <input type="checkbox"/> | Harness | Mountaineering design for these climbs (<i>provided by SWS</i>) | Petzl Altitude Harness |

| | | Item | Description | Example |
|--------------------------|--------------------------|--|---|--|
| Miscellaneous Gear | <input type="checkbox"/> | Small Hand Sanitizer | | |
| | <input type="checkbox"/> | Toilet Paper / Wet Wipes | Bring only what you expect to need for the trip. You shouldn't need an entire roll | |
| | <input type="checkbox"/> | Sunscreen & Chapstick | Athletic type sunscreen (won't run into your eyes) - Chapstick MUST have SPF in it | Badger Brand Sunscreen Products |
| | <input type="checkbox"/> | Clear Glasses | <i>Optional:</i> Protective eyewear for climbing while it's dark outside | 3M Safety Glasses |
| | <input type="checkbox"/> | Sunglasses | DARK with wrap-around shields or lenses | Mountaineering Sunglasses |
| | <input type="checkbox"/> | Ski Goggles | <i>Optional:</i> Ability to change lenses is recommended. Different lenses for various sky coverage conditions can be beneficial | Ski Goggles w/ an interchangeable lense |
| | <input type="checkbox"/> | Food | Lunches & snacks: Clif Bars, Power Bars, GORP (good old raisins & peanuts), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. (2000-3000 worth calories per day) | |
| | <input type="checkbox"/> | Drink Mix | Simple flavored mixes can be nice (Gatorade, Liquid IV, Cytomax, MtnOps, etc.) | SaltStick Electrolyte Drink Mix |
| | <input type="checkbox"/> | Coffee | Instant (Via, Taster's Choice, Mount Hagen, etc.) | Mount Hagen Organic Fairtrade Coffee |
| | <input type="checkbox"/> | Spoon / Spork | Not plastic! - This needs to maintain strength when exposed to hot or cold temperatures | Snow Peak Titanium Spork |
| | <input type="checkbox"/> | Small Bowl | Recommend it to be collapsible | Various Bowls At REI |
| | <input type="checkbox"/> | Insulated Cup | Small insulated cup for coffee / tea (Hydroflasks can be great too!) | GSI Outdoors Infinity Backpacker Mug |
| | <input type="checkbox"/> | Water Bottle (3) | Wide-mouth Nalgene type bottle recommended over Camelback type bladder systems - (1 Liter sized bottle) | Nalgene Ultralite wide-mouth 32fl. oz water bottle |
| | <input type="checkbox"/> | Water Purification | <i>Optional: Tablets / Water Filter</i> | |
| | <input type="checkbox"/> | Personal First Aid Kit | Band-Aides, Blister kit, medications, etc. | Adventure Medical kits |
| | <input type="checkbox"/> | Headlamp | LED style with new/extra batteries | Petzl Actik Core Headlamp |
| | <input type="checkbox"/> | Trekking Poles* | Collapsible 2 or 3-piece pole recommended | Black Diamond Trekking Poles |
| | <input type="checkbox"/> | Sleeping Bag* | 0-30 Degrees (Synthetic or Down) - Down is lighter and will compress more when packed - Contact us for more recommendations | Recommended options |
| | <input type="checkbox"/> | Sleeping Pad* | Insulated air pad, or foam pads (or both) -Foam Therm-a-rest Z-lite pads are inexpensive and durable - Insulated airpads are lightweight and packable | Various Sleeping Pads |
| | <input type="checkbox"/> | Tent | <i>We will provide a tent, but you're welcome to bring your own if you'd like</i> | Black Diamond Hilight 2P Tent |
| | <input type="checkbox"/> | Compass / GPS | Generally cell phones can work in place of a GPS now too. Ask us about specific apps we recommend | Various GPS Devices |
| | <input type="checkbox"/> | Battery Backup | <i>Optional:</i> Battery backup for recharging your phone or headlamp | Various Battery Banks |
| | <input type="checkbox"/> | Toothbrush & Toothpaste | <i>Optional:</i> BUT - who doesn't like to have fresh breath! | |
| <input type="checkbox"/> | Multi-Tool | <i>Optional:</i> Gerber or Leatherman type recommended | Available at REI | |



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

| | Item | Description | Example |
|---------------------|---|--|---------|
| Lodge/In Town Items | <input type="checkbox"/> Extra Clothing | Comfortable & Casual | |
| | <input type="checkbox"/> Toiletries | Don't forget your toothbrush, toothpaste and floss if you're traveling to the area for your trip | |
| | <input type="checkbox"/> Tip For Guides | <i>Tippping is completely optional and never expected, but always appreciated. Guides work hard to make sure you have a fun and safe trip. If you'd like to show an extra thank you, a 10-20% tip is a great way and something they would really appreciate.</i> | |

Rentals: Items marked with an (*) may be available for rent through our online rental store. If you have questions or issues reserving your rentals, please contact us by email at info@swsmountainguides.com or phone at 888-797-6867 right away.

LAST MESSAGES

SWS Mountain Guides reserves the right to refuse services to any guest deemed inadequately prepared at the office/trail head. 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 pack check. In preparation for the trip - be sure to drink AT LEAST 3-4 LITERS OF WATER A DAY for at least 2-3 days before your climb or course, preferably for the whole preceding week - it will make your adjustment to altitude and exertion infinitely easier.