



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

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

Phone: 888.797.6867 / Fax: 877.797.6867

### TECHNICAL ICE CLIMBING EQUIPMENT LIST Basic, Intermediate, Advanced

Proper equipment is critical for this course. Make sure you bring enough clothing to keep warm while standing around- it can be frigid in these canyons even in the daytime. Waterfall ice climbing requires rigid soled boots and good quality crampons, either rigid, semi-rigid, or hinged crampons. Plastic Double Boots or Hybrid Mountaineering Boots are highly recommended. Mountaineering Boots can be arranged for rent through SWS Mountain Guides, but please contact us at least two weeks before your course for rental boots. If you have any questions give us a call at 888.797.6867

#### The Basics:

- Hybrid or Plastic Mountaineering Boots: (Ex: LaSportiva Evo or Nepal, Scarpa Inverno)
- 12 point Crampons; (Ex: Black Diamond Cyborg or Sabretooth) --Provided by SWS--
- Large day pack (Enough to keep all your items out of the elements)
- Sit harness -- Provided by SWS --
- Ice Ax - 70cm or shorter/ or technical ice tools --  
-Technical Tools provided by SWS--

#### Clothing:

- Synthetic Top
- Synthetic Bottoms
- Extra Thermal Top expedition weight recommend or Pile sweater, or wool shirt or equivalent
- Pile or Down Jacket
- Wool or Pile Pants or Bibs
- 2-3 pairs Wool or Heavy Therma Sox - No cotton, please!
- 2-3 pairs Wool or Synthetic Liner Sox
- 2- pair Goretex Gloves or Mitts with shells or equivalent (Ex: Black Diamond Punisher Gloves)
- Wool/Pile Hat
- GoreTex Jacket or equivalent
- GoreTex Pants/Bibs or equivalent
- Calf Height/ Full Length Gaiters (Ex: Black Diamond Frontpoint or Apex Gaiters)

#### Other Important Stuff:

Lunches and high carbohydrate snacks-Examples: Clif Bars, dried fruit, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, hard candy, chocolate, and granola bars.

**Note:** SWS does not provide food on this trip, breakfasts and dinners will be in Lee Vining, June Lake or Mammoth Lakes on your own or we can decide to go as a group.

V19.0

- 2-one Liter Wide Mouth Water Containers (Note: remember hydration systems have a tendency to freeze)
- Swiss Army Type Knife
- Good Quality Sunglasses wrap around or with side shields.
- Sunscreen (rated 15)
- Chapstick
- Headlamp (Ex: Black Diamond Shot or Cosmo)  
--Very important to have --
- Toilet Paper
- Lunches and or snacks for 2-4 days depending on the course length

#### Optional:

- Thermos container -(may substitute 1-liter thermos for a water bottle)
- Ski Goggles
- Camera with extra batteries
- Down Vest or Extra Jacket
- Balaclava/Facemask
- Wool/Polypro Gloves (light liner type)
- Ski/Trekking Poles--for approach hike --
- Snowshoes (Available from SWS if needed you will be contacted if before the course conditions warrant snowshoes)

#### Motel Accommodations:

- Casual Clothing for in town
- Toilet Kit
- Lunches and Snacks for 2-4 days depending on course length: