



## 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

### Sierra Rock Climbing Equipment List

We will be climbing in the outside environment; please bring all the items listed below and be able to carry them in a daypack to the climbing site which maybe a short hike away from the vehicles. You may need room in your pack to carry a portion of the group climbing equipment (i.e. ropes, climbing gear)

If you have any questions give us a call at 1-888.797.6867□

#### The Basics:

- Light Hiking Boots or approach shoes
- Rock Climbing Shoes - available for rent from SWS
- Medium size day pack (3,000 cubic inches)
- Sit Harness (can be provided by SWS)
- Helmet (provided by SWS)

#### Clothing:

- Shorts (not too tight or short)
- T-shirt
- Loose fitting climbing pants / Sweats or Gym type clothing-no jeans
- Lightweight Wool or Bunting, Pile, or Synthetic Shirt or sweater
- LightWind/ Rain Jacket
- Sunhat
- Buff / Bandana / light neck gaitor

#### Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers or hydration system
- Good Quality (DARK)
- Sunscreen (rated 15)
- Chapstick
- Toilet Paper
- Snacks and Lunch for the day\*

#### Optional Equipment for Camping Overnite:

- Sleeping Bag (rated to 30 degrees)
- Sleeping Pad
- Tent
- Cup
- Small Bowl and plate
- Fork and Spoon
- Cooking Stove and Fuel

#### Provided by SWS

- ✓ Climbing Harness
- ✓ Technical Equipment
- ✓ Helmet

\*Lunches and snacks for 1-3 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. SWS does not provide food on this trip unless otherwise noted. V21.6