



## SWS Mountain Guides

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Phone: 888.797.6867

### Multi-Day Sierra Alpine Technical Equipment List Mt. Whitney East Face/Buttress / Palisades Climbs & Camps Other Technical Climbs & Sierran Peaks

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 and climbing while maintaining the weight you will carry to a minimum. If you have a question(s) about an individual 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. Questions about what to bring just either give us a call or throw it in the car and ask us at the trailhead. Contact us at 888-797-6867

**PLEASE NOTE:** There are lots of **substitutions** available on this equipment list, we use this list from **June through October**, you are **not required** to purchase the exact items, **BUT YOU DO NEED** to bring quality substitutions. We do need **3-4 layers on top** and **2-3 layers on the bottom plus hats, gloves, sunglasses and the other items on the list!** If you can't decide on an item or items, feel free to throw it in the car and have the guide help you with the decision at the pack check. If you have any questions about what to bring, **PLEASE**, give us a call at 888-797-6867.

#### The Basics:

- Sleeping Bag (light weight-rated to 10-20 F / -5 -10 C)
- Internal Frame Pack (50-65 liters)
- 3/4 Sleeping Pad (Closed cell foam, Thinsulate, Thermarest - ok )
- Good Hiking (later season) or Mountaineering Boots designed & crampon compatible preferred (early season) - check with your guide
- Approach Shoes / Trail hikers for descents from Technical Climbs - check with your guide

#### Clothing:

- Hiking shorts
- Long lightweight pants or Synthetic Climbing Pants – can use Rain Pants
- Synthetic T-shirt / Hiking Shirt
- Wool shirt or light/medium weight long synthetic John top for Fleece shirt
- Lightweight synthetic long John bottom
- Lightweight Down or Synthetic or Fleece sweater or jacket
- Windbreaker (can use Rain Jacket)
- Wool or Fleece cap or balaclava
- Wool or Synthetic Gloves
- Sun hat or visor
- 2-3 pair of wool sox
- 2-3 pair of wool or synthetic liner (No Cotton)
- Rain / Wind Jacket and Rain/ Wind pants (Goretex recommended)
- Gaitors- **early season only for snow** (Calf-high – the long ones)
- Bandana or small towel

#### Other Important Stuff:

- Sunglasses
- Swiss Army Knife (or small pocket knife)
- Small Bottle of Hand Sanitizer
- Headlamp w/extra batteries
- Small first aid kit (include personal medication)
- Sunblock (rated to SPF 25+)
- Chapstick
- Bic lighter
- Toilet paper
- Toothbrush and toothpaste
- Insect repellent
- 3-one quart or liter wide mouth water containers(a hydration system such as Camelbak can substitute for up to two water bottles)
- Large plastic cup
- Small plastic bowl (lightweight)
- Spoon

#### Mountaineering Equipment:

- Sit Harness (SWS can provide)
- Three large locking pear-shaped carabiners
- Rappel/Belay Device
- 2 Double Length Nylon Runners (36" minimum)
- Rock Shoes – **only on climbs of 5.6 or above** (Rentals available)



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### **Other Optional:**

- Synthetic or Down Vest (depends on time of year)
- Shorty Gaitors for scree - Late season
- Trekking Poles
- Sneakers or camp shoes (sports sandals work)

**Food:** We will supply breakfast items, coffee, tea and hot cocco, plus a selection of Freeze Dried dinners. Bring you own Lunches and high carbohydrate snacks-Examples: ProteinBars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars.

### **OTHER SERVICES:**

**Rentals:** Packs, Trekking Poles, and Rock Shoes are available for rental through SWS. We recommend that all rentals are reserved before the date of departure.

### **LAST MESSAGES:**

SWS Mountain Guides reserves the right to refuse services to any client deemed inadequately prepared at the trailhead. 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 trailhead. In preparation for the trip - be sure to drink AT LEAST 4 QUARTS OF WATER A DAY for at least 2-3 days before your trip, preferably for the whole preceding week - it will make your adjustment to altitude and exertion infinitely easier.

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