



SWS Mountain Guides
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ADVANCED WINTER MOUNTAINEERING EQUIPMENT LIST

MT. WHITNEY OR MT. SHASTA CLIMBS/COURSES

It is critical to the success and safety of your course that you BRING ALL THE ITEMS LISTED BELOW. Due to the strenuous nature of these trips, it is MOST IMPORTANT that you pack WELL and pack LIGHT. The weather on Mt. Shasta can be either very warm or very windy and cold - it is usually both! Be prepared to encounter all types of conditions.

PLEASE NOTE: There are **substitutions** available on this equipment list, we use this list from **November through May**, you are **not required** to purchase the exact items, BUT YOU DO NEED to bring quality substitutions. You do need **four plus layers on top** and **2-3 plus layers on the bottom as well as 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.

EQUIPMENT:

- Mountaineering Boots - Modern leather hybrid (Ex: La Sportiva Nepal Evo GTX) or Plastic Double Boots (Ex: Scarpa Inverno)
- Snowshoes (Available for Rent from SWS)***
- Crampons 12 point hinged or semi-rigid crampons or (Ex: Black Diamond Sabretooth or Contact crampons)***
- Sleeping Bag (Rated to 0 -10 F or -10 to -15 C, synthetic or down)
- Full-length Sleeping Pad
- Internal Frame (60-80-liter volume)

Note: you don't need a separate day pack for summit day - carry this pack snubbed down, packed with only lunch & extra clothing - the rest of your gear stays at base camp.

The above items are available for rent from local shops in Mt. Shasta, check our resources at www.swsmountainguides.com or see attached SWS Mountain Guides Rental Request Form

OUTER SHELL LAYER:

Since this layer is your first line of defense against the elements (the wind, rain, snow and cold) it is imperative that they are of the proper design, fit, and construction.

- Parka - Gore-Tex or Equivalent (Ex: Millet Point Break Jacket)***
Note: With attached hood that is large enough to fit over all insulating layer(s) and helmet.
- Pants or Bibs Gore-Tex or Equivalent
Note: Side zippers are a highly recommended feature, for ventilation and for taking them on or off over heavy boots and crampons.
- Gore-Tex Gloves or Mitts with windproof shells or equivalent (Ex: Black Diamond Guide Gloves)
- Calf Height or Full-Length Gaiters (Ex: Black Diamond GTX FrontPoint Gaiters)

*** - these items or an appropriate equivalent is available to rent through SWS's Mt. Shasta office

UNDERWEAR:

- Synthetic base layer or wool long john Top - Lightweight or mid weight
- Synthetic base layer or wool long john Bottoms - Lightweight to mid-weight

INSULATING LAYERS:

- Fleece Jacket
- Down Jacket (Black Diamond Belay Parka)***
- Extra Synthetic Top (expedition weight recommended) or Fleece sweater, or wool shirt or equivalent.
- Medium weight synthetic running tights or light fleece pants or synthetic pants
- Bibs or Full zip Gore-Tex pants
- 3-4 pairs Wool or Thermal Heavyweight Socks - no cotton
- 3-4 pairs Wool or Light Liner Socks - no cotton
- Wool or Synthetic Gloves light liner type (Ex: Black Diamond liner gloves)
- Wool or fleece hat - Note: a lightweight balaclava is great for sleeping comfort



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OTHER IMPORTANT STUFF

- Buff, Bandana, or Neck Gaiter
- Small Bottle of Hand Sanitizer
- Nylon stuffsacks for gear organization (enough for all equipment)
- 3 - one liter, wide-mouth water containers (no runners or bike bottles please!) *A hydration system such as Camelback is **NOT** recommended unless they are fully winterized and insulated, however you still need 2- one-liter bottles!
- Swiss Army-Type Knife or small pocketknife
- Good quality (DARK) mountaineering sunglasses with side shields
- Ski or Snowboarding Goggles
- Insulated Cup, Spoon, Small plastic bowl (lightweight)
- Sun block (SPF 25+)
- Chapstick (with SPF)
- Sunhat
- Headlamp (Ex: Black Diamond Spot, Petzl Atik)
- Toothbrush and toothpaste
- Small First Aid Kit with personal medicines
- Foam ear plugs-- helps provide a good night's sleep by minimizing noise (from a tent & tent mate)
- Toilet paper
- Bic lighter
- "Sports Drink" water additive such as Gatorade, Liquid IV, etc.

CLIMBING EQUIPMENT:

- Sit Harness (Ex: Black Diamond Alpine Bod) --SWS will provide, but bring your own if you wish---
- Personal Ice axe and Helmet --- SWS will provide these items, but bring your own if you want---
- Ski poles/Trekking poles – Highly recommended!! (Ex: Black Diamond Flicklock Adjustable Poles) ***

OPTIONAL:

- Map of area (Mt. Shasta Topo or Mt. Whitney Topo or as needed)
- Down or Fleece Vest: This is nice to have, if your budget allows, but not necessary if you have adequate fleece gear.
- Fleece or Synthetic Pants or Bibs highly recommended
- Wet wipes

Freeze Dried Dinners, Additional Breakfast Items, Lunches and snacks for 2-5 days depending on course:

Bring your own freeze-dried meals for dinner, additional breakfast items, lunch, and snacks. We will supply instant oatmeal packets for breakfast and tea/coffee for hot drinks. The guides will just be boiling water for dinner and breakfast. Freeze dried meals can be found online on Amazon and backcountry.com, or at Walmart, REI, etc. in endless flavors. Our favorites are the Mountain House Beef Stroganoff and Chili Mac; and for Backpackers Pantry, the Pad Thai is pretty good. 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 will provide dinners, breakfast, and hot drinks.

Other Services:

Rentals: Hardshell Jackets, Down Jackets, Snowshoes, Crampons, and Trekking Poles are available for rental through SWS. It is recommended 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.

*** - this item or an appropriate equivalent is available for rent through SWS in the Mt. Shasta office.