



**SWS Mountain Guides**  
110 Alpine St.  
Mt. Shasta, CA 96067  
[info@swsmountainguides.com](mailto:info@swsmountainguides.com)  
[www.swsmountainguides.com](http://www.swsmountainguides.com)  
Phone: 888.797.6867

## Mt. Shasta & Bear Valley Ice Axe & Mountain Clinic Equipment List

It is essential to the success and safety of your clinic that you bring the items listed below. The weather can be anything between or a combination of warm and sunny or windy and cold – Often it is BOTH!  
**If you have any questions about what to bring, give us a call 888-797-6867 – We're happy to help!**

### The Basics:

- ☞ Good Quality Hiking, Backpacking or Mountaineering Boots\* - Full Grain Leather Hiking Boots, Modern leather hybrid or Plastic Double Boots  
*\*Boots are available for rent from SWS Mountain Guides in Mt. Shasta, CA.*
- ☞ Day Pack (that can accommodate your gear plus an ice axe, helmet, and crampons)
- ✓ Crampons\* (Black Diamond, Grivel, Petzl are all great – We prefer Black Diamond)  
**Black Diamond contact crampons provided by SWS**
- ✓ Ice Axe\* (Black Diamond, Camp, Petzl, Grivel) **B.D. Raven axe provided by SWS**

### Clothing:

- ☞ Thermal base layer, synthetic or wool top – lightweight to midweight (Ex: Patagonia, Black Diamond, Smartwool)
- ☞ Thermal base layer, synthetic or wool bottoms- lightweight to midweight (Ex: Patagonia, Black Diamond, Smartwool)
- ☞ light insulation layer - Wool, fleece, or synthetic (**No Cotton**)
- ☞ Insulated jacket - Down or synthetic
- ☞ Softshell pants (ski or snowboarding pants ok, synthetic hiking pants - **No Cotton**)
- ☞ Wool or synthetic socks
- ☞ Wool or synthetic liner socks (optional)

- ☞ Gloves - Wool or synthetic (Ex:Black Diamond Guide Gloves)
- ☞ Insulated hat - Wool or synthetic
- ☞ Rain & Wind shell jacket (Ex: Gore-Tex Hardshell, Ascentshell, BDdry) \*
  - Softshell Jacket can be okay for nice weather days.
- ☞ Rain & Wind shell pants (Ex: Gore-Tex, Ascentshell, BDdry)
  - Ski/snowboarding type pants are okay too.
- ☞ Gaiters - Knee Height \* (Ex: Outdoor Research, Black Diamond)
- ☞ Sunhat

*\*Items are available for rent from SWS Mountain Guides in Mt. Shasta, CA location only*

### Other Important Stuff:

- ☞ 2 Water Bottles – one-liter or Hydration system
- ☞ Sunglasses – DARK Good Quality w/ wrap around lens or with side shields. (Ex: Julbo, Smith)
- ☞ Sunscreen (SPF 25+)
- ☞ Chapstick (with SPF)

### Optional:

- ☞ Bandanna

### Provided by SWS Mountain Guides:

- ✓ Ice Axe
- ✓ Crampons
- ✓ Climbing Harness
- ✓ Technical Equipment
- ✓ Helmet

### OTHER SERVICES:

**Rentals:** Boots, Hard shell & Down Jackets, Snowshoes, Gaiters, and Trekking Poles are available for rent through SWS Mountain Guides prior to clinic date.