



## SWS Mountain Guides

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## BACKCOUNTRY DAY SKI/SNOWBOARD EQUIPMENT LIST

### Sierra Nevada, Bear Valley, Mount Lassen & Shasta

It is extremely important to the success and safety of your course that you bring all the items listed below. It is most important that you pack well, and pack light. Weather in the mountains can be either warm or very windy and cold, or any combination of conditions. Be prepared to encounter all types of weather during the day. If you have any questions about what to bring just give us a call or throw it in the car and ask us when we meet.

#### The Basics:

- AT (Alpine Touring / Randonnée)  
Backcountry Skis or Split Board
- AT Ski Boots or Snowboarding boots
- Ski Poles (Adjustable recommended)
- Climbing Skins – right size for your skis / or Split Board
- Day Pack (for lunch, water, extra clothing etc.) or Avalanche Airbag Pack
- 1 Liter Wide Mouth Water Container (1-2 containers) or a hydration system (1-2 liters)
- Swiss Army Type Knife or Multi-Tool
- Good Quality (DARK) Sunglasses with side shields
- Sun Block (Rated 25+) & Chapstick w/ SPF
- Bandanna
- Sunhat (baseball cap or other type)
- Headlamp
- Small personal first aid kit (include personal medication)

#### Avalanche Safety Equipment:

- Avalanche Beacon - Available for Rent
- Avalanche Probe – Available for Rent
- Avalanche Shovel - Available for Rent

#### Clothing:

- Synthetic Base Layer Top
- Synthetic Base Layer Bottom
- Wool/Fleece/ Synthetic Sweater
- Fleece or Down Jacket
- Synthetic Pants
- Wool or Combined Synthetic-wool Socks (2-3 pairs)
- Synthetic Liner Socks (2-3 pairs) - optional
- Ski / Snowboarding Gloves
- Fleece Hat – (No Pom-Pom)
- Gore-Tex or Equivalent ski type jacket.
- Gore-Tex pants/bibs or equivalent snow/wind pants

#### Optional:

- Avalanche Air Bag Pack
- Balaclava/Face mask
- Ski Goggles
- Down Vest
- Extra batteries
- Compass / GPS

#### For Lodge or In Town:

- Lodge Clothing
- Toothbrush & Toothpaste
- Soap, Shampoo, Brush etc.

#### If Camping:

- Sleeping Bag & Pad
- Tent

#### Other Important Stuff:

**Lunches and snacks for 1-3 days:** 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.