



SWS Mountain Guides
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Ski & Snowboard 2-3 days Equipment List

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. The weather in the winter can be very windy and cold. Be prepared to encounter all types of conditions though. If you have any questions about what to bring, call or email us.

The Basics:

- AT Backcountry Skis (Alpine Touring/ Randonnée) or Split Board
- AT Ski Boots or Snowboarding Boots
- Ski Poles (Adjustable recommended) *
- Climbing Skins - right size for your skis or split board
- Sleeping Bag - rated to 10 -15 F degrees*
- Full length Sleeping Pad*
- Internal Frame Pack (40-50 liters) *

Avalanche Safety Equipment:

- Avalanche Transceiver* - available for rent
- Avalanche Probe *- available for rent
- Avalanche Shovel* - available for rent

Climbing Equipment:

- Ice Axe - SWS can provide
- Helmet - SWS can provide
- Crampons *- available for rent

** Items can be rented from SWS Mountain Guides Mt Shasta only - See Rental Request Form or give us a call*

Clothing:

- Synthetic base-layer top
- Synthetic base-layer bottom
- Extra synthetic top, fleece sweater, or wool shirt
- Thick Puffy Jacket* (Down or synthetic)
- Ski or climbing pants - No Cotton!
- 2-3 pairs ski socks - No Cotton!

- Gore-Tex Gloves or Mitts with shells or equivalent (Ex: Black Diamond Guide gloves)
- Warm Ski Hat – (No Pom-Pom)
- Gore-Tex shell jacket* or equivalent
- Gore-Tex shell pants or equivalent

Other Important Stuff:

- 3 1-liter, Wide Mouth Water Containers
- Swiss Army Type Knife or Multi-tool
- Good Quality (DARK) Sunglasses with side shields
- Insulated Cup
- Spoon
- Small plastic bowl (lightweight)
- Sun block (Rated 25+) & Chapstick w/ SPF
- Bandanna
- Sunhat (baseball cap or equivalent)
- Headlamp (Ex; Black Diamond Spot)
- Small personal first aid kit (include personal medication)
- Toothbrush and Toothpaste
- Toilet Paper

Optional:

- Avalanche Air Bag Pack
- Balaclava/Face mask
- Ski Goggles
- Down Vest
- Foam Ear Plugs
- Compass / GPS

Lunches and Snacks Lunches and high carbohydrate snacks-Examples: Clif Bars, GORP (good old peanuts and raisins), bagels, cheese, salami or jerky, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. **SWS Mountain Guides will provide freeze dried dinner, breakfast, and hot drinks (coffee, tea, hot chocolate).**

OTHER SERVICES:

Rentals: Hard-shell Jackets, Down Jackets, Snowshoes, Crampons, and Trekking Poles are available for rental through **SWS Mountain Guides**. It is recommended that all rentals are reserved prior to date of your trip. You can contact us via email or phone or reserve your rentals online with us.

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 anyway 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 prior to your trip, preferably for the whole preceding week - it will make your adjustment to altitude and exertion infinitely easier.