



SWS Mountain Guides
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Sierra Rock Climbing Equipment List

We will be climbing in the outside environment; please bring all the items listed below and be able to carry them in a daypack to the climbing site. You may need room in your pack to carry a portion of the group climbing equipment (i.e. ropes, climbing gear)

If you have any questions give us a call at 1-888.797.6867

The Basics:

- Light Hiking Boots or approach shoes
- Rock Climbing Shoes - available for rent from SWS
- Medium sized day pack (30-35 Liters)
- Harness (provided by SWS)
- Helmet (provided by SWS)

Clothing:

- Comfortable Shorts (not too tight or short)
- T-shirt
- Loose fitting climbing pants / not jeans
- Lightweight wool, fleece, or synthetic insulating layer
- Lightweight wind/rain jacket
- Sunhat
- Buff / Bandana / light neck gaitor

Other Important Items:

- 2-one Liter wide mouth water bottles
- Good Quality (DARK) sunglasses
- Sunscreen (rated SPF 15 or higher)
- Chapstick (make sure it has SPF)
- Toilet Paper & a trowel
- Snacks and lunch for each day*

* Lunches and high carbohydrate snack 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 does not provide food on this trip unless otherwise noted.

Provided by SWS

- ✓ Climbing Harness
- ✓ Technical Equipment
- ✓ Helmet

Optional Equipment for Camping Overnight:

- Sleeping Bag (rated to 30 degrees)
- Sleeping Pad
- Tent
- Cup
- Small Bowl and plate
- Fork and Spoon
- Cooking Stove and Fuel