



SWS Mountain Guides

110 Alpine St.

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SUMMER MOUNTAINEERING EQUIPMENT LIST

For the success and safety of your course please bring the following items. This equipment list is designed to keep you warm and dry in the environment in which you will be hiking and or climbing, while keeping the weight you will carry to a minimum. If you have a question(s) about a certain item(s) feel free to give us a call. You can expect daytime temperatures to be warm and nights will be cool. Weather in the mountains is very changeable even in the summer. It may be very warm or it may snow! This list will prepare you for all types of weather. **Please follow it!**

A few words about cost. You do not have to spend a great deal of money to prepare for these trips—fleece and synthetic items may be found at your local sporting goods, department, and big box stores such as Costco. If purchasing new equipment give us a call and discuss the pros and cons of the variety of equipment available. **Items marked with an (*) can be rented from SWS. If you have any problems obtaining equipment, please call our office.**

The Basics:

- Sleeping Bag (rated 15 - 30 degrees) *
- Backpack (55 - 65 liters or more. Internal frame highly recommended) *
- 3/4 Sleeping Pad (Closed cell foam or air filled. Full length ok) *
- Good Hiking Boots (designed for hiking rough trails)
- Personal Tent -- Recommend for Individual Climbers. SWS has a few available as well.

Clothing:

- Long pants (Light-weight synthetic, No cotton!)
- T-shirt
- Light/medium weight synthetic long john top
- Lightweight synthetic long john bottom
- Lightweight Wool or Fleece sweater or jacket
- Wind breaker (can use rain jacket)
- Wool/synthetic beanie and/or neck gator
- Lightweight Wool or Fleece Gloves
- Sunhat or visor
- 2-3 pair of wool socks
- 2-3 pair of wool/synthetic sock liners
- Rain / Wind jacket and Rain/ Wind pants (Gore-Tex recommended)
- Gators are required when there is snow on the route. * When there is no snow we highly recommend low cut scree gaiters.

Other Important Stuff:

- Buff, Bandana or Neck Gaiter
- Small Bottle of Hand Sanitizer
- Small Towel
- Sunglasses
- Swiss Army Knife (or small pocket knife)
- Headlamp (something to stick on your head so it leaves your hands free)
- Small first aid kit (include personal medication, Ibuprofen or Naproxen, band aids, blister kit)
- Sunblock (rated to SPF 25+)
- Chapstick
- Bic lighter
- Toilet paper
- Toothbrush and toothpaste
- Insect repellent
- 3-one quart/liter wide mouth water containers (a hydration system such as Camelbak can substitute for up to two water containers)
- Plastic bowl (lightweight) or Insulated Cup
- Spoon
- Extra batteries for headlamp, camera, etc...

Optional:

- Down Vest or Micro puff down jacket
- Journal
- Trekking Poles are Highly Recommended *

Note on proper footwear: Bringing the proper footwear is critical for your trip to be successful. Early season trips (April – June) you will typically need a heavier type of backpacking boot that will accept crampons because there will typically be more snow on the route than later in the season. Later in the climbing season (July – September) a mid-height approach shoe/boot might be more appropriate. Ice Axes will be provided if needed. Crampons are available for rent if needed. If you have any questions, please give us a call.



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Food: Breakfasts, dinners, and hot beverages are provided while on the mountain. We will have a variety of options available, however, we cannot guarantee specific choices of flavors or meals. If you have a favorite breakfast or dinner that only requires hot water, we encourage you to bring it. **Lunches and high carbohydrate snacks-** Make sure to bring your own favorite, high-calorie, high-carbohydrate lunches, and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc. Note: you will need approximately 200-300 calories per hour (7-9 hours on summit day alone). Guides will only be boiling water for dinner and breakfast.

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.