



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### 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 either warm or very windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call or throw it in the car and ask us at the trailhead. Any questions give us a call at: 1-888-797-6867.

#### The Basics:

- AT Backcountry Skis (Alpine Touring/ Randonnee) 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 - SWS can provide
- Avalanche Probe - SWS can provide
- Avalanche Shovel - SWS can provide

#### Climbing Equipment:

- Ice Ax - SWS can provide
- Helmet - SWS can provide
- Crampons \* - available for rent

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

#### Clothing:

- Synthetic Long john Top
- Synthetic Long john Bottoms
- Extra Synthetic Top or Fleece sweater, or wool shirt or equivalent
- Fleece or Down Jacket \*
- 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 Jacket\* or equivalent
- Gore-Tex Pants or equivalent

#### Other Important Stuff:

- 3-one 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+)
- Chap stick
- Bandanna
- Sunhat (baseball cap or equivalent)
- Headlamp (Ex; Black Diamond Spot)
- Small personal first aid kit (include personal medication)
- Toothbrush and Toothpaste
- Toilet Paper
- Bic Lighters

#### 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 dinners, breakfast and hot drinks.**

#### 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 departure not all rentals are available at all venues or locations, please contact the SWS Mountain Guides Office for rental availability for your climb or course.



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### **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.  
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### **Notes:**