



SWS Mountain Guides

210 East Lake St.

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Phone: 888.797.6867 / Fax: 877.797.6867

SUMMER BACKPACKING EQUIPMENT LIST SIERRA NEVADA

For the success and safety of your hike, 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 while maintaining the weight you will carry to a minimum. If you have a question(s) about an individual 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 can be very warm, or you may experience snow! Our 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 can 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. If you have any problems obtaining equipment, please call our office. □

The Basics:

- Sleeping Bag (light weight-rated 20 to 30 degrees weighing 2-3 lbs.)
- Pack (2,800-3,700 cubic inches or 45-60L, Internal frame at less than 4 pounds.)
- 3/4 Sleeping Pad (Closed cell foam, Thinsulate, Thermarest or full length ok)
- Good Hiking Boots (designed for rough hiking but lightweight remember 1 lb. on the feet equals 4 lbs. in the pack)
- Personal Individual Tent provided by SWS

Clothing:

- Synthetic Long pants (Light-weight, No cotton or Jean)
- Synthetic T-shirt – No Cotton
- Wool shirt or light/medium weight synthetic long John top
- Lightweight synthetic long John bottom
- Lightweight Wool or Fleece sweater or jacket
- Wool or Fleece cap or balaclava
- Gloves – Light weight
- Sun hat or visor
- 2-3 pair of wool sox
- 2-3 pair of wool or synthetic liner
- Rain / Wind Jacket and Rain/Wind Pants
- Hiking Short (optional)

Other Important Stuff:

- Small towel or bandana
- 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)
- Sunblock (rated to SPF 25+)
- Chapstick
- Bic lighter
- Toilet paper
- Toothbrush and toothpaste (don't forget the dental floss)
- Insect repellent
- 2-3 one quart or liter wide mouth water containers or a 2L hydration system such as Camelbak can substitute and .5-1L bottle
- Small plastic bowl (lightweight)
- Insulated Cup
- Spoon

Optional:

- Lightweight down coat or fleece vest
- Lightweight Camp shoes-(sports sandals work)
- Journal or a Good Book (lightweight)
- Trekking Poles



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FOOD: All food will be provided on SWS Mountain Guides Backpacking Trips. Please let us know if you have any food issues, allergies, and/ or preferences.

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 and ask your guide at the trailhead. In preparation for the trip - be sure to drink AT LEAST 3-4 QUARTS/ LITERS OF WATER A DAY for at least 2-3 days before your trip, preferably for the whole preceding week - it will make your adjustment to altitude and exertion infinitely easier.

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NOTES: