



## SWS Mountain Guides

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

Phone: 888.797.6867 / Fax: 877.797.6867

### 2 DAY MT. SHASTA SUMMIT ASCENT

#### Clear Creek / Summer Equipment List

It is extremely important to the success and safety of your course that you BRING ALL THE ITEMS LISTED BELOW. Due to the strenuous nature of these trips, it is MOST IMPORTANT that you pack WELL and pack LIGHT. The weather on Mt. Shasta can be either very warm or very windy and cold - it is usually both! Be prepared to encounter all types of conditions.

**PLEASE NOTE:** There are lots of **substitutions** available on this equipment list, we use this list from **Late July through Early September**, you are **not required** to purchase the exact items, BUT YOU DO NEED to bring quality substitutions. We do require **4 layers on top** and **2-3 layers on the bottom plus hats, gloves, sunglasses and the other items on the list!** If you can't decide on an item or items, feel free to throw it in the car and have the guide help you with the decision at the pack check. If you have any questions about what to bring, **PLEASE**, give us a call at 888-797-6867.

#### EQUIPMENT:

- High Quality Backpacking /Hiking or Summer Mountaineering Boots
- Sleeping Bag (Rated to 20 degrees, synthetic or down)
- Full length Sleeping Pad
- Internal Frame Pack 3,350-4,500 cubic inch volume or 50 liter to 75 liter volume

**Note:** You do not need a separate day pack for summit day – carry the above pack snubbed down, packed with only lunch & extra clothing – the rest of the gear stays at base camp.

*The above items are available for rent from SWS Mountain Guides a Rental Request Form is in your package or give us a call and we can send one out.*

#### OUTER SHELL LAYER:

Since this layer is your first line of defense against the elements (wind, rain, snow and cold) it is imperative that they are of the proper design, fit and construction.

- Parka - Gore-Tex or Equivalent (Millet Point Break Jacket)\*\*\*

**Note:** With attached hood that is large enough to fit over all insulating layer(s) and helmet.

- Rain/Wind Pants Gore-Tex or Equivalent  
**Note:** Side zippers are recommended feature, for ventilation and for taking them on or off over boots
- Gore-Tex Gloves or Equivalent - (Ski Gloves Ok)
- Short Length Gaiters (snow and scree)

#### UNDERWEAR:

- Synthetic base layer or long john top - Light weight or mid weight
- Synthetic base layer or long john bottoms – Light weight to mid weight

#### INSULATING LAYERS:

- Fleece Jacket
- Extra Synthetic Top (expedition weight recommended) or Fleece sweater, or wool shirt or equivalent
- Medium weight synthetic hiking pants or climbing pants
- 2-3 pairs Wool or Thermal Heavyweight Socks - no cotton
- 2-3 pairs Wool or Light Liner Socks – no cotton
- Wool or Synthetic Gloves light liner type (Black Diamond liner gloves)
- Wool or Pile Hat - Note: a lightweight balaclava is a great idea for sleeping comfort  
\*\*\*-this item or an equivalent is available for rent through SWS Mountain Guides

#### OTHER IMPORTANT STUFF:

- Nylon stuff sacks for gear organization (enough for all equipment)
- 3 - one liter, wide-mouth water containers (no runner's or bike bottles please!) \*A hydration system such as Camelback may substitute for all but one wide mouth container.
- Swiss Army-Type Knife or small pocket knife
- Good quality (DARK) sunglasses
- Buff, Bandana or Neck Gaitor - face covering
- Small Bottle of Hand Sanitizer
- Sun block (Rated 25+)  
Chapstick
- Long-sleeved light colored t-shirt and bandana
- (for the hot approach)
- Shorts (for the hot approach)
- Sunhat
- Headlamp (Black Diamond Spot)
- Insulated Cup
- Small Bowl and Spoon
- Small First Aid Kit with personal medicines  
Toilet paper



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- ❑ “Sports Drink” water additive such as Gatorade, Gookinaid, Cytomax, etc.

### CLIMBING EQUIPMENT:

- ❑ Helmet --- **SWS will provide**
- ❑ Sit Harness - **SWS will provide if needed**
- ❑ Personal Ice axe - **SWS will provide if needed**
- ❑ Crampons -**SWS will provide if needed**

### 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 will provide freeze-dried dinners, breakfast and hot drinks.** **NOTE:** Summit day will be 12-14 hours of sustained effort!

### OTHER SERVICES:

**Rentals:** Hard-shell Jackets, Down Jackets, Snowshoes, Crampons, and Trekking Poles are available for rental through SWS. It is recommended that all rentals are reserved prior to date of departure.

**Porters:** Porters are available by reservation on all Mt. Shasta climbs and cost \$150 each way. Porter’s loads are limited to a maximum of 50lbs. For more information please contact the office at 888-797-6867.

### 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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### OPTIONAL:

- ❑ Ski poles/ Trekking poles – **Highly recommended!!** (Black Diamond Flicklock Poles)  
**Note:** Available for rent from SWS\*\*\*
- ❑ Camera/Extra Batteries
- ❑ Map of the area (Mt. Shasta Topo)
- ❑ A lightweight Balaclava (Ski Mask Type)
- ❑ Down or Fleece vest: This is nice to have, if your budget allows, but not necessary if you have adequate fleece gear