



## 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

### AVALANCHE EQUIPMENT LIST

#### Avalanche Level 1, Avalanche Rescue, Avalanche Level 2

It is important to the success and safety of your course that you bring all the items listed below. The weather in the winter can be either warm or very windy and cold. Be prepared to encounter all types of conditions and be out in the field all day if needed. If you have any questions about what to bring just give us a call at: 1-888-797-6867

#### The Basics:

- Snowshoes or Backcountry Telemark or All Terrain, Randonnee, (AT) Systems, or Snowboard w/Snowshoes or Split Board
- Climbing Skins
- Winter Hiking Boots or Backcountry Ski /Snowboarding Boots
- Ski Poles for snowshoers & skiers
- Day Pack – Large enough for all your gear or
- Optional Avalanche Airbag Pack*

Above Items can be rented through SWS Mountain Guides in Mt. Shasta, CA. give us a call.

#### Clothing:

- Synthetic Top
- Synthetic Bottoms
- Wool or Pile or medium weight Synthetic Shirt
- Fleece or Down Jacket
- Synthetic or Fleece Pants
- Wool or Synthetic Sox (2 pairs)
- Synthetic Liner Sox (2 pairs)
- Wool/Fleece Gloves or Mitts (with shells)
- Wool/Fleece Hat
- GoreTex Jacket or equivalent rain/snow/wind jacket.
- Knee Height Gaiter
- GoreTex Pants/Bibs or equivalent rain/snow/wind pants

**Lunches and high carbohydrate snacks:** Clif Bars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars.

**Dinners and Breakfasts:** Can be found in Mt. Shasta, we will usually get together for a evening group dinner in Mt. Shasta, you are welcome to join us.

**Lodging Shasta Location ONLY:** SWS Shasta Bunk House is available for this course at a special rate of \$120.00 for three nights Avalanche Level 1 or Avalanche Level 2 including Kitchen access. All other types of lodging can be found in Mt. Shasta City including camping. Contact us for lodging and camping recommendations and/or visit [www.swsmountainguides.com](http://www.swsmountainguides.com) under resources, Give us a call at 1-888-797-6867

**Rentals:** Hard-shell Jackets, Down Jackets, Snowshoes, Skis, Ski & Snowboarding Boots, Snowboards, Ski Poles are available for rental through SWS Mountain Guides. It is recommended that all rentals are reserved prior to date of departure. v20.0

#### Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocket knife
- Good Quality (DARK) Sunglasses with side shields
- Sun Block (Rated 25+)
- Chapstick
- Sunhat (baseball cap or other type)
- Headlamp (something to stick on your head)
- Notebook and pencil

#### Optional:

- Balaclava/Face mask
- Ski Goggles
- Down Vest
- ✓ Avalanche Beacon - SWS provides - bring yours if wish
- ✓ Avalanche Probe - SWS provides - bring yours if wish
- ✓ Avalanche Shovel - SWS provides - bring yours if wish

#### For The Lodge or In Town if overnight:

- Sleeping Bag
- Lodge Clothing
- Toothbrush and Toothpaste (don't forget dental floss)
- Soap, Shampoo, Brush, etc.