



**SWS Mountain Guides**  
110 Alpine St.  
Mt. Shasta, CA 96067  
[info@swsmountainguides.com](mailto:info@swsmountainguides.com)  
[www.swsmountainguides.com](http://www.swsmountainguides.com)  
Phone: 888.797.6867

## AVALANCHE EQUIPMENT LIST

### Avalanche Level I & II

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 - Avalanche Airbag Pack - Optional*
- Avalanche Beacon\* – Rental Available
- Avalanche Probe\* – Rental Available
- Avalanche Shovel\* – Rental Available

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

#### Clothing:

- Neck Gaitor / Balaclava
- Small hand sanitizer
- 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 Gaiters
- GoreTex Pants/Bibs or equivalent rain/snow/wind

#### 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:

- Ski Goggles
- Down Vest

#### For The Lodge or In Town:

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

**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.

**Rentals:** Avalanche Beacons, Avalanche Probes, Shovels, Hard-shell Jackets, Down Jackets, Snowshoes, Ski Poles are available for rental through SWS Mountain Guides. It is recommended that all rentals are reserved prior to date of departure.  
v21.1