



**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

## Minimum Physical Requirements for Climbing Mt Shasta

Climbing Mt Shasta is a challenge by any stretch of the imagination. It requires both physical. And mental toughness. Listed below are the minimum physical requirements we would expect for all of our clients to have before they show up to climb either of these peaks:

- Be able to maintain 185 to 215 meters per hr (600-700 feet per hr) climbing pace AND keep this pace for 1-hour increments.
- Carry a 15–18-kilogram (35-40 pound) pack
- Be able to move efficiently off maintained trails on scree and talus. Using large step-ups and step-downs, some movements require the whole body while carrying a pack.
- A guest who can do 350 meters per 1.5 hr. / 1,150' feet in a 1.5 hrs. with a loaded pack on a stair stepper should have the fitness to climb Mt. Whitney in relative comfort.
- 10-mile hikes with a loaded pack over the hilliest terrain a guest can access are also good training tools.
- Time to basecamp on Shasta is 4-6 hours, and time to the summit from basecamp is 6-8 hours.

### Mt Shasta Summit Ascent 2 Days:

Day One: Bunny Flat Elevation: 6,950 ft. to 10,000 ft – 3,050 elevation gain

Day Two: High Camp: 10,000 ft to 14,179 – 4,179 ft elevation gain with 7,229 ft elevation loss

Total Day: 11,408 ft of elevation gain and loss.

### Mt Shasta Summit Ascent 3 Days:

Day One: Bunny Flat Elevation: 6,950 ft. to 10,000 ft – 3,050 elevation gain

Day Two: Training Day & Rest Day at High Camp - 10,000 ft.

Day Two: High Camp: 10,000 ft to 14,179 – 4,179 ft elevation gain with 7,229 ft elevation loss

Total Day: 11, 408 ft of elevation gain and loss.

Below are our standard physical conditioning requirements:

Level III - EXCELLENT Conditioning: Summer Shasta Climb, Summer/ Mt. Whitney and Winter Ascents, Sierra Nevada Mountaineering, Ski/ Snowboarding; Training at least 4-6 times per week for at least 40-60 plus minutes each session in one of the following categories or a mixture of each: running, bicycling, swimming, stair or ski machines. Include some flexibility training three times a week (stretching for at least 10 minutes) in your workout. Plan to include at least 2-hour weekend training hikes and climbs with your loaded pack for overall conditioning. Running or walking stairs or stadium bleachers are excellent training for climbing and mountaineering

**Mountain Training Programs & Physical Conditioning Consultations:** SWS Mountain Guides offers professional training consultations & designed programs for our climbs, courses, and expeditions with **Dr. Bradford Thomas (Doctor of Physical therapy DPT)** - [SWS Mountain Training Programs](http://www.swsmountainguides.com)  
Or Contact: [drbradford@swsmtns.com](mailto:drbradford@swsmtns.com) / Dr. Bradford Thomas (Doctor of Physical therapy DPT)  
V23g