



SWS Mountain Guides
110 Alpine St. Mt. Shasta, CA 96067
info@swsmountainguides.com
Phone: 888.797.6867
Diamond Lake Resort
350 Resort Dr. Diamond Lake, OR 97731
Reservations: 541-793-3333

catskimtbailey.com / swsmountainguides.com

CAT SKI MT. BAILEY DAY SKI/SNOWBOARD EQUIPMENT LIST DIAMOND LAKE RESORT

It is extremely important to the success and safety of your course that you bring all the items listed below. It is most important that you pack well, and pack light. Weather in the mountains can be either warm or very windy and cold, or any combination of conditions. Be prepared to encounter all types of weather during the day. If you have any questions about what to bring just give us a call or throw it in the car and ask us when we meet at Diamond Lake.

The Basics:

- Alpine Skis, AT (Alpine Touring Randonnée) or Snowboard /Split Board
- Alpine Boots, AT Ski Boots or Snowboarding boots
- Ski Poles (Adjustable recommended)
- Day Pack (snacks, water, extra clothing etc.) or Avalanche Airbag Pack
- Ski Helmet – **Required!**
- Ski Goggles

Avalanche Safety Equipment:

- Avalanche Beacon – Provided
- Avalanche Probe – Provided
- Avalanche Shovel – Provided

Clothing:

- Synthetic Base Layer Top
- Synthetic Base Layer Bottom
- Wool/Fleece/ Synthetic Sweater
- Fleece or Down Jacket
- Synthetic Pants
- Wool or Combined Synthetic-wool Socks (1-2 pairs)
- Synthetic Liner Socks (1-2 pairs) - optional
- Ski / Snowboarding Gloves (2 pairs recommended)

- Fleece Hat or Beanie
- Gore-Tex or Equivalent ski type jacket.
- Gore-Tex pants/bibs or equivalent snow/wind pants

Other Important Stuff:

- 1 Liter Wide Mouth Water Container (1-2 containers) or a hydration system (1-2 liters)
- Multi-Tool & or Repair Kit
- Good Quality (DARK) Sunglasses with side shields
- Sun Block (Rated 25+) & Chapstick w/ SPF
- Balaclava/Face mask/ Buff
- Sunhat (baseball cap or other type)
- Headlamp
- Small personal first aid kit (include personal medication)

Optional:

- Avalanche Air Bag Pack
- Bandanna
- Down Vest
- Extra batteries for headlamp
- Cell Phone – Fully Charged

For Lodge or In Town:

- Lodge Clothing
- Toothbrush & Toothpaste
- Soap, Shampoo, Brush etc.

Lunch is provided – Bring Snacks for the day: High carbohydrate snacks-**Examples:** Protein Bars, Candy Bars, GORP (good old peanuts and raisins), jerky, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. v24