



SWS Mountain Guides

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Rock Climbing Equipment List

Alabama Hills, Castle Crags, Crystal Crag, Mammoth Lakes Area,
Eastern Sierra Nevada, Lover's Leap, Castle Crags

We will be climbing in the outside environment, please bring all the items listed below and be able to carry them in a day pack to the climbing site which maybe a hike away from the vehicles. If you have any questions give us a call at 888.797.6867

The Basics:

- Light Hiking Boots, Approach shoes, or Quality Tennis Shoes
- Medium size day pack – 2,000 cu inches or 30-40 liter pack.
- Headlamp or Flashlight
- Toilet Paper
- Insect repellent

Clothing:

- Hiking shorts
- Long lightweight pants or Synthetic Climbing Pants
- Synthetic T-shirt / Climbing Shirt
- Lightweight Down or Synthetic or Fleece sweater or jacket
- Sunhat or visor
- Lightweight Rain / Wind jacket and Rain/ Wind pants

Technical Rock Equipment:

- Sit Harness (SWS can provide)
- 3 large locking pear-shaped carabiners
- Rappel/Belay Device
- 2 - 36" inch Nylon Runners (36" minimum) **or** 1- 48" inch Nylon Runner
- Rock Shoes (available)

Other Important Stuff:

- 2-one Liter Water Containers or Hydration system (camelbak)
- Good Quality (DARK) Sunglasses
- Sunscreen (rated 15)
- Swiss Army Knife (or small pocket knife)
- Chapstick

For Camping Overnite:

- Sleeping Bag (rated to 25 degrees)
- Sleeping Pad
- Tent
- Cup
- Small Bowl and/or plate
- Fork and Spoon
- Cooking Stove and Fuel

Optional:

- Down Vest
- Light Wool/Polypro Gloves
- Wool or Fleece cap
- Chalk Bag
- Extra carabiners (please have equipment marked)
- Personal climbing equipment (please have equipment marked)
- Personal car camping equipment (if camping) sleeping bags, tents, stoves,
- Extra camp clothing – if camping overnite

Lunches and snacks for 1-5 days depending on course length: Lunches and high carbohydrate snacks-Examples: Clif Bars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars.