



SWS Mountain Guides
210 East Lake St.
Mt. Shasta, Ca. 96067
mail@swsmtns.com
www.swsmountainguides.com
Phone: 888.797.6867

Bear Valley & Alabama Hills Rock Climbing Equipment List

Full & ½ Day Clinics & Climbs

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 is a short hike away from our office. If you have any questions give us a call at 888.797.6867

The Basics:

- Tennis Shoes, Light Hiking Boots, Approach shoes
- Day Pack
- Hiking shorts or pants
- T-shirt / Hiking Shirt
- Lightweight sweater or jacket
- Sunhat or visor

Other Important Stuff:

- One to Two Liters of Water
- Sunglasses
- Sunscreen (rated 15)
- Chapstick
- Toilet Paper
- Insect repellent
- Buff / Bandana / face covering
- Small Bottle of Sanitizer

SWS Provides:

- *Sit Harness – Provided*
- *Helmet – Provided*
- *Rock Shoes – Provided*
- *Technical Rock Equipment*

Lunches and snacks: 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.