

Equipment List for Mt. Whitney via Cottonwood

The following list is a guideline to assist you in packing for your adventure! Please contact us with any questions regarding gear. Also, consider the time of year and expected weather when choosing sleeping bags and layering systems. While this is a pack supported trip you will be carrying a daypack with essentials such as food, water, and required clothing. The mules will be carrying equipment that is not required to be in your day pack: extra clothes, camp shoes, sleeping bag, and any personal equipment approved on the list below. Personal gear in the duffel that the mules will carry is **NOT TO EXCEED 20LBS**. Personal gear duffels will be provided by Sierra Mountain Center.

Essentials

- Footwear. You will be hiking roughly 5-14 miles per day for 6 days. Please bring sturdy hiking boots that you have broken in, or trail shoes that you have worn heavy packs with. The main difference between trail runners and boots is foot support vs. blisters. If your feet blister notoriously please consider wearing a trail runner. If you have weak ankles or need additional foot support please wear boots. Again, your feet are your transportation and can make the difference between surviving this trip and thriving.
- Camp Shoes for around camp. Sanuk sandals, Crocs, or light tennis shoes are all appropriate. The camp shoes will make hanging out in camp more comfortable, and lessen the impact we leave on the sites. Open toed flip flops are not acceptable.
- A day pack. We recommend a 25 to 40L pack. You will be required to carry water, a headlamp, additional layers, snacks, and other personal items you want throughout the day. It is better to have more room than not enough. No "bookbag" style backpacks please.
- Most people will be warm enough in a 25 degree Fahrenheit bag. We recommend down bags as they are lighter (around 3 lbs). If you sleep cold please consider getting a sleeping bag liner (usually silk) as they add significant warm with little bulk or weight.
- Sleeping pad. We recommend a full length Thermarest with an additional foam pad. If bringing an inflatable pad also bring a repair kit to fix leaks.

Clothing

- Consider layering when packing, and how you layers fit on top of one another. Check weather a day before the trip and ensure you are prepared for the conditions; make additions or changes accordingly.

- 3 pairs of socks. Blister prevention is crucial so the clean third pair for camp is excellent preventative care. Having 2 pairs to alternate hiking in also gives the opportunity to rinse and dry socks. A mid-weight, non-cotton sock is ideal, such as a Smartwool or Darn Tough hiking specific sock. Please do not bring low-cut ankle socks as they can lead to rubbing on the heel.
- 1 mid-weight long-sleeve top. Capilene, Merino or other synthetic.
- 1 pair of long-johns or tights. Capilene, Merino or other synthetic.
- 1 warm pants, tights or expedition weight Capilene.
- 1 warm shirt. Synchilla or 200 weight works well.
- 1 warm jacket. A down jacket is preferred with around 800 fill.
- Waterproof Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- 1 pair of hiking pants. Convertible pants that can convert to shorts can also be nice to have on the trail.
- 1 pair of shorts. Nice for swimming.
- 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.
- 2 short-sleeve T-shirts. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- 1 lightweight pair of polypropylene or similar gloves.
- 1 warm hat/beanie. Synthetics are less itchy than wool.
- Sunhat. Better to cover up than just rely upon sunscreen.

Etc.

- Sun glasses. Good quality. If using prescription lenses consider a backup pair.
- Water carrying system with a capacity of 2-3 liters. A combination of a bottle and hydration system works well. We recommend a 2 liter bladder for daily trail use and an additional Klean Kanteen insulated bottle for drink flavoring, coffee, etc. This can be your thermos and additional water bottle.
- Headlamp. With a spare set of batteries.
- Eating & drinking equipment. An insulated backpacking mug, with a lid, small bowl or plate. Fork & spoon. Mark yours so it stands out from the crowd.

- Swiss army style knife. No giant "multi-tools" tools!
- Travel size toothbrush and toothpaste along with baby wipes and floss is sufficient. Supplement with what you need, but try and use less cosmetics while camping as bugs and bears are attracted to scents. Keep it minimal.
- Hand sanitizer- a personal travel size bottle.
- Toilet paper- Please bring your own TP supply for the week; we will provide some each day, but bring your own supply just in case. Bathrooms will alternate between pit toilets, established pit toilets, or carry out bags in the Whitney Zone on Days 3, 4 & 5. Guides will inform you about the different practices.
- Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip stuff actually contains a sunscreen.
- Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits so please don't go overboard with your personal kits. If you tend to take NSAID's regularly please bring your own, or if your feet require constant blister attention please bring tape and moleskin.
- Camera, a spare memory card and battery.
- Ear plugs are great to have in a noisy tent.
- Bug repellent. Only needed in the early season.
- Trekking poles. These are not essential, but can be handy on the trail. It is your choice, but they do save wear on the knees.
- Reading material, journal or Kindle. Do not bring "War & Peace"
- Trash bag. Handy for keeping gear in outside the tent should it rain.

Food

- We provide breakfast, lunch and dinner when on the trail. (No breakfast or lunch on Day 1 or Dinner on Day 6). Please bring snacks for the trail such as trail mix, Clif bars (or similar), chocolate, gummy bears, goldfish, etc. Do not overdo the snacks. Two bars and some gorp, nuts or your favorites is enough. People generally bring way too many snacks. These should fit in a gallon Ziplock bag (or smaller); please label with your name. These must be stored in the group bear-proof panniers overnight. We provide tea and coffee. If you have favorites such as hot chocolate/cider/energy drinks bring those. If you are a big time coffee drinker and need it in the evenings then bring some Via type packages to supplement ours. 1-2 per day is enough.

Shared Equipment Provided by SMC

- Duffel bag. Use this for packing gear onto the mules. We use our own since they fit the saddlebags well.
- We provide tents and may pair people up as necessary. If you have your own, please contact us before the trip. To reduce weight and campsite impact we pair people up where possible.
- Stoves, kitchen and cookware.
- Water purification. The group will have access to a variety of different ways to treat water. Chemical treatment, such as Aquamira or Iodine, will be carried by the guide. Gravity filtration bags will be distributed amongst the group for use in camp. If you have "water-stress" then you could bring a sterilization/UV pen, rather than carrying excessive amounts of water in your pack.
- Bear Canisters. The mules carry panniers that are bear proof. These carry all of our food and hold our personal snacks overnight.

You specifically don't need

- Cell phones. If you use your phone as a camera keep it on airplane mode.
- Big first aid kits (we have a comprehensive one).
- Deodorant or any toiletries beyond those listed above.
- Items that are not on this list.