



**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 Whitney

Climbing Mt Whitney is challenging 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 before they show up to climb Mt Whitney via the Mountaineer's Route:

- 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 235 meters per hr / 750 feet per hr with a loaded pack (11-14 kilos/ 25-30 lbs) on a stair stepper should have the fitness to climb Mt. Whitney.
- Plus, Weekend hikes 12-16 kilometers (8-10 miles) with a loaded pack (11-14 kilos/ 25-30 lbs) over the hilliest terrain a guest can access is also an excellent training tool.
- Time to basecamp on Whitney is 4-6 hours, and time to the summit from basecamp is 4-6 hours.

### Mt Whitney Elevation Gain and Loss over 3 Days:

**Day One:** Whitney Portal Trailhead - 8,374 ft to 11,000 ft – 800 meters elevation gain

**Day Two:** High Camp to Mt Whitney Summit: 11,000 ft to 14,505 ft. – 1,070 meters elevation gain / plus 1,070 meters of elevation loss. Total elevation gain and loss: 2,136 meters

**Day Three:** High Camp to Whitney Portal: -- Elevation Loss: 800 meters

### 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)  
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