



Canada West Mountain School - www.themountainschool.com

Equipment List for Backpacking trips

Boots - sturdy leather with "Vibram" type lug sole; waterproofed and broken in (1 pair)
Sleeping bag - preferably synthetic; good to -5 Celsius (1)
Sleeping pad - Ensolite or Therma rest type (1)
Backpack - internal or external frame; 60-80 litre or large enough to hold overnight gear (1)
Rain jacket & Pants (full-zip legs are nice) coated nylon or waterproof/breathable type (1)
Hiking pants – lightweight wool or synthetic (Schoeller, etc) or uncoated nylon
Thermal layers (long underwear) - top and bottom, either synthetic or wool – **NOT COTTON** (1 pair)
Optional Wind shirt – uncoated nylon
Optional for Warm Weather - Hiking shorts and light wt. shirt **NOT COTTON**
Gloves - wool or synthetic (1 pair)
Gaiters - (1 pair - optional, may depend on season and location)
Socks - wool or wool blend (1-2 pairs)
Warm jacket or sweater – wool, fleece or synthetic (1)
Toque/warm hat - wool or fleece (1)
Hat with sun visor or full brim e.g. baseball cap, etc. (1)
Sunglasses - 100% UV block (1 pair)
Flashlight or headlamp - small size with Extra batteries (1)
Eating utensils for field trips - cup, bowl, spoon etc.
Personal kit - toothbrush, blister kit, toilet paper, etc.
Maps and compass - (maps to be detailed prior to field trip)
Notepad and pencil
Water bottle - minimum 1 litre
Small knife (Swiss-army style)
Sunscreen (min. 15 spf & waterproof)
Matches or lighter
Large Orange Plastic Bags (2)
Insect repellent
For your own trips: First aid kit, Repair kit, Emergency kit (Instructor will supply these for the course)

Equipment for communal use

2 to 3 person tents (as necessary)
Single burner stoves (1 per 3 people)
Cooking sets (2 pots per 3 people)
Fuel for the stoves

Here are a few of the stores in the lower mainland region that supply good service and quality outdoor equipment. If you ***need to purchase or rent equipment***, please contact the store well in advance of the course to ensure that what you require is available!

Altus Mountain Gear, 137 West Broadway, Vancouver 604-876-5255 (rentals available)

Climb On Equipment, Squamish 604-892-2243

Coast Mountain Sports, 2201 West 4th Avenue, Vancouver 604-731-6181; Park Royal store - W. Van. 604 926-6126

Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858 (rentals available)

Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)

3 Vets, 2200 Yukon Street, Vancouver 604 872-5475

Discuss this list with your instructor at the evening seminar (or with our office staff in advance) to make sure you are prepared for the field session. Remember that this is a list of *minimum* requirements for a comfortable overnight backpacking trip. On Canada West Mountain School courses you will be alternating between traveling and teaching sessions, so plan your clothing to be able to be as efficient as possible and easy to change in the field.