



EQUIPMENT LIST – MOUNTAINEERING

Personal equipment (*This is considered a basic list, please consult our office for more details or if you have any questions*)

- **Boots:** Full-leather or plastic mountaineering boots. If leather, they must be stiff soled and broken-in.
- **Crampons:** Step in crampons preferred. Ensure they are adjusted properly to your boots before the field sessions.
- **Backpack:** An internal frame overnight pack with a capacity of 60-80 litres will allow you to carry all your gear.
- **Sleeping bag:** Good to -5 Celcius.
- **Sleeping pad:** Therma-rest style inflatable, or closed cell foam (Ensolite style)
- **Jacket:** An outer layer waterproof-breathable shell jacket with hood - Gore-Tex style
- **Outer shell pants:** Pants or bibs, full leg zippers are ideal to allow ease of on/off with crampons on - Gore-Tex style
- **Pants:** A light-weight climbing style pant (fleece, Schoeller, synthetic, etc)
- **Gaiters:** Ensure they fit over your climbing boots.
- **Gloves – medium weight:** 2 pairs of medium weight gloves (wool, synthetic or fleece gloves as inserts for your overgloves)
- **Overmitts or overgloves:** Much time will be spent working in the snow so waterproof shells are essential
- **Personal clothing layers:** Shirt, sweater, vest, socks, etc – make sure they are synthetic, wool or wool blend
- **Thermal underwear:** 1 pair of top & bottom (Polypro, Capilene, etc. - no cotton)
- **Warm parka:** Down, fleece or pile
- **Toque:** Wool or fleece style insulating hat
- **Hat:** With sun visor or full brim e.g. baseball cap, etc. (1)
- **Sunglasses:** Ensure they block 100% UV and either are full wrap or have side-shields
- **Ski goggles:** Optional but very useful if you are out in a snow storm
- **Headlamp:** Make sure you have an extra set of batteries and bulb
- **Sunscreen:** Minimum 30 spf
- **Insect repellent**
- **Eating utensils:** Cup, bowl, spoon etc.
- **Maps and compass:** Maps to be detailed at pre-trip or in advance of the course based on final location of the course
- **Notepad and pencil**
- **Personal kit:** blister kit, hand sanitizer, medications, tooth brush, toilet paper, etc.
- **Water bottles/Hydration system:** Hydration systems are great for the approaches, but a water bottle is best for climbing
- **Knife:** Folding pocket knife (Swiss army style)
- **Hiking pole(s):** Optional yet useful for the approach and descent to/from your base camp
- **7mm accessory climbing cord:** 2 x 5 metre length, and 1 x 1.75 metre length; used for rope rescue and personal climbing systems
- **Double shoulder length sewn sling:** Used for personal climbing systems and anchors

Technical equipment (*Canada West Mountain School supplies all technical equipment including climbing tools, ropes, etc. If you have the following equipment you are encouraged to use it and familiarize yourself with your own gear if you choose*)

- **Ice ax:** Mountaineering ax, approx. 60-80 cm depending on your height
- **Climbing harness:** seat harness only
- **Helmet:** CE approved climbing helmets only
- **Locking carabiners (3):** preferably one “pear” shaped belay ‘biner
- **Belay device (1):** plate style device only, no “auto-belay” devices

Communal equipment required (*this is arranged in advance of the field sessions and may be shared among the group*)

- **Tent:** Two or three person mountaineering tents as required for the group
- **Stoves and cooking gear:** As required, usually 1 stove/cook-set shared by 3 people
- **Fuel:** For white gas stoves approx. 200 ml/person/day is adequate depending on cooking times required

Here are a few 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