



### WINTER EQUIPMENT LIST

#### Basic equipment for all trips

Skis, boots, poles and climbing skins for backcountry *touring* – Alpine Touring or Telemark; or, snowshoes and poles.  
Daypack - large enough to hold all equipment plus some extra - approx. 30-40 litres for day trips (1)  
Outerwear jacket – waterproof/breathable type with hood (Gore-tex, etc.) (1)  
Outerwear pants – same as above (ones with full zips are nice)  
Personal insulating clothing for all weather - layering works well, no cotton  
Gloves or mitts – wool or synthetic (1 pair, plus 1 pair extra)  
Overgloves or mitts (1 pair)  
Gaiters to fit over boots (1 pair)  
Warm jacket or sweater – wool or fleece, no cotton (1)  
Toque/warm hat – wool or fleece (1)  
Hat with sun visor (baseball cap, etc.) (1)  
Sunglasses with 100% UV blockage (1 pair)  
Ski goggles (1 pair)  
Flashlight or headlamp – small size with fresh batteries  
Water bottle – 1 litre minimum (1)  
Compass & map in waterproof bag (map case, zip lock, etc.) - #'s to be detailed at pre-trip meeting  
Note pad and pencil  
Knife  
Matches or lighter  
G3 Shovel supplied by CWMS  
SOS Avalanche transceiver supplied by CWMS  
G3 Probe supplied by CWMS  
G3 Snow Saw supplied by CWMS

#### For overnight trips add the following

Backpack – internal or external frame; large enough to hold overnight gear – approx. 60 – 70 litres (1)  
Sleeping bag – preferably synthetic; good for –10 to –15 degrees Celsius  
Sleeping pad – Ensolite or Therma rest type (1)  
Extra clothing as required (fleece pants, down jacket, etc. for around camp)  
Lightweight camp booties for around camp (optional)  
Personal kit (toothbrush, toilet paper, candles, etc.)  
Eating utensils (cup, bowl, spoon)

#### Equipment required for communal use on overnight trips (these items may be shared among the group)

3-4 person tent (as necessary)  
Single burner gas stoves and fuel (1 per 3 people)  
Cooking sets (2 pots per 3 people)

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 winter day trip. On these courses you will be alternating between traveling and teaching sessions, so plan your clothing to be able to be as efficient as possible.