



EQUIPMENT LIST – WINTER MOUNTAINEERING

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

- **Boots:** Double plastic boots are recommended.
- **Snowshoes and poles:** Mountaineering style w/crampons are best; make sure they fit with your boots.
- **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 minus 15 celcius.
- **Sleeping pad:** Thermo-rest style inflatable and a thin closed cell foam (Ensolite style) combination is best
- **Jacket:** An outer layer waterproof shell jacket with hood is best - 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 medium-weight fleece pant or climbing pant for insulation under the shell pants
- **Gaiters:** Ensure they fit over your climbing boots.
- **Gloves – medium weight:** Winter climbing is hard on the hands! 2 pairs of medium weight wool or fleece gloves as inserts
- **Gloves – heavy weight:** Expedition style gloves w/removable liners
- **Overmitts**
- **Personal clothing layers:** Shirt, sweater, vest, socks, etc – make sure they are synthetic, wool or wool blend
- **Thermal underwear:** Top & bottom, Polypro, Capilene, etc. (no cotton)
- **Warm parka:** Down, fleece or pile
- **Toque:** Wool or fleece style insulating hat
- **Sunglasses**
- **Ski goggles**
- **Headlamp:** Winter days are short, so make sure you have an extra set of batteries and bulb
- **Personal 1st aid:** Your instructor will carry a full sized 1st aid kit, but bring along your own blister kit, medications, etc.
- **Water bottles/Thermos:** Be sure that your water bottles are insulated or bring a Thermos style bottle for hot drinks
- **Knife - Swiss army style**
- **Matches or lighter**
- **Shovel:** (supplied by CWMS if required)
- **Avalanche transceiver:** (supplied by CWMS if required)
- **Probe:** (supplied by CWMS if required)

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

- **Ice ax**
- **Climbing harness - seat harness only**
- **Helmet**
- **Locking carabiners (3)**
- **Belay device (1)**

Communal equipment required *(this is arranged at the pre-trip seminars or in advance of the field sessions and may be shared among the group)*

- **Tent:** Three person mountaineering tents are supplied by CWMS if required.
- **Stoves and cooking gear:** As required, usually 1 stove/cook-set shared by 3 people