



## Canada West Mountain School - Avalanche Course Gear List

Discuss this list with your instructor or our office staff in advance to make sure you are prepared for the field session. 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.

### **Basic equipment for all Avalanche Courses**

- \* Skis, boots, poles and climbing skins for backcountry *touring* – Alpine Touring or Tele, must be metal edged
  - \* For snowboarders – snowshoes; or, split board w/skins; pack must be capable of holding board and snowshoes
  - \* For snowshoers - snowshoes and appropriate winter boots are required
  - \* *Please note that ski-pole baskets should be powder baskets*
- Daypack - large enough to hold all equipment plus some extra - approx. 30-40 litres for day trips
- Outerwear jacket – waterproof/breathable type mountain shell w/hood (Gore-tex, etc.)
- Outerwear pants or bib-pants – same as above (ones with full zips on legs are nice)
- Personal insulating clothing for all weather - layering works well, no cotton. (*temps can range from -20 to +10*)
- Gloves + extra pair (proper winter-weight style gloves)
- Hand warmers and extra mitts if weather conditions are very cold
- Gaiters to fit over boot cuffs (if needed, unless your pants have built-in gaiters)
- Warm "puffy" jacket/parka for rest breaks and during teaching sessions
- Toque/warm hat – wool or fleece. If you use a helmet, a warm hat is still good for the uphill touring sections
- Hat with sun visor (baseball cap, etc. for spring conditions)
- Sunglasses with 100% UV blockage
- Ski goggles
- Headlamp – small size with spare batteries
- Water bottle or Thermos – (hydration systems must have insulated hose, not recommended for -10 and below)
- Compass & map in waterproof bag – (optional, contact instructor or CWMS office in advance for Map #)
- Note pad and pencil
- Lunch – prepare a lunch that is easy to snack on throughout the day
- Personal emergency kit - (lightweight emergency blanket, lighter, whistle on pack strap, small 1st aid kit)
- Collapsible Avalanche Shovel
- Avalanche transceiver
- Avalanche Probe
- Snow Saw (supplied by CWMS)
- Clothing and footwear for classroom sessions before and/or after the course
- Make sure to let someone know where you are going, and when you are expected to return on all trips.**

### **Here are a few local outdoor stores that carry good quality winter gear:**

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

Mountain Equipment Co-op, 1341 Main St, North Vancouver, 604-990-4417 (rentals available)

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

**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!**

**\* Canada West Mountain School has limited rentals available for Alpine Touring Skis/Skins and for Snowshoes. Please contact our office if you are interested in this option for your course or trip**

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