



**EQUIPMENT LIST – WILDERNESS SURVIVAL**

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

- Boots:** Sturdy hiking boots or hiking shoes, broken-in and waterproofed.
- Backpack:** A 30-40 liter capacity daypack will allow you to carry all your gear. Preferably top loading.
- Jacket:** An outer layer waterproof-breathable shell jacket with hood - Gore-Tex style
- Outer shell pants:** Lightweight waterproof pants, full leg zippers are ideal to allow ease of on/off - Gore-Tex style
- Pants:** A light-weight hiking style pant (synthetic fabric, preferably not cotton)
- Gaiters:** Ensure they fit over your hiking boots (optional - good for keeping snow, water and debris out of boots).
- Gloves:** Medium weight gloves - wool, synthetic or fleece gloves
- Personal clothing layers:** Shirt, sweater, vest, socks, etc – make sure they are synthetic or wool blend – preferably no cotton.
- Warm jacket:** Medium weight fleece or pile
- Toque/warm hat:** 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 (if traveling on snow, they should be full wrap or have side-shields)
- Headlamp:** small size with fresh batteries
- Sunscreen:** Minimum 30 spf
- Insect repellent:** optional depending on season
- Water bottles/Hydration system:** minimum 1 liter (2+ liters for extended treks)
- Walking poles** – ski poles or collapsible walking poles (optional, helpful for long treks and big descents)
- Water purification system or filter:** The campsite may not have access to a clean water source, so a filter or water purification (Pristine, etc) is needed.
- Food:** Bring 2 lunches and enough snacks for both days. Lunches should be easy to eat with minimal preparation. Dinner and breakfast should be simple food that does not require heating or cooking.
- Walking poles:** Ski poles or collapsible walking poles (optional, helpful for building shelters)
- Compass:** Supplied by CWMS if required
- Tarp:** A small lightweight tarp is useful (approx 3m x 3m)
- Extra accessory cord:** used for tying down tarps and building shelters (approx. 6-8 meters of 3-4 mm cord)
- Candle:** a small emergency candle
- Matches and lighter:** Matches should be packed in a waterproof case as a back-up if the lighter fails
- Folding saw or wire-saw:** Optional but very useful, your instructor will also have one.
- Pocket knife:** Swiss army style knife
- Extra warm clothing:** You will spend the night in the clothes you would expect to be wearing while on a day hike, but bring extra warm clothes as a back-up to ensure you have enough to stay warm and healthy.

**Misc items to consider:**

- thermos and hot drinks
- map and compass (contact our office for Map # details)
- insulated ground pad

All other safety equipment and First Aid supplies will be supplied by your Canada West Mountain School trip leader.

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; or 1341 Main St, North Vancouver 604-990-4417

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

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

Make sure you also consider dry clean clothes and street shoes for the end of your trip! If you have any questions please contact our office. Some programs may not require all of the above clothing – please confirm with our office.