



AVALANCHE COURSE EQUIPMENT LIST

Basic equipment for all Avalanche Courses

- * Skis, boots, poles and climbing skins for backcountry *touring* – Alpine Touring or Tele, must be metal edged
- * For snowboarder courses – snowshoes or split board w/skins; also, pack must be capable of holding board and shoes.
- * For snowshoe courses - snowshoes and appropriate winter boots are required
- Daypack - large enough to hold all equipment plus some extra - approx. 30-40 litres for day trips (1)
- Outerwear jacket – waterproof/breathable type mountain shell w/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)
- Over-gloves or mitts (1 pair)
- Gaiters to fit over boots (1 pair, unless your pants have built-in gaiters)
- 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 or Thermos – 1 litre (1)
- Compass & map in waterproof bag – (optional; #'s to be detailed at pre-trip meeting)
- Note pad and pencil
- Knife
- Lunch – prepare a lunch that is easy to snack on throughout the day.
- G3 Shovel supplied by CWMS
- SOS Avalanche transceiver supplied by CWMS
- G3 Probe supplied by CWMS
- G3 Snow Saw supplied by CWMS

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
- Coast Mountain Sports (Park Royal) 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

Note:

- * **Canada West Mountain School rents Alpine Trekker touring inserts and G3 climbing skins to be used on regular alpine downhill skis. Please contact our office if you are interested in this option for your course or trip.**