



Canada West Mountain School - Winter Day Trip 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 Winter Daytrips

- * 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*
- AST-1 Courses only** - Boots suitable for walking in deep snow and wet conditions for Day-1 sessions
- 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 (full-zips on the legs are ideal for ease of on/off and venting)
- Personal insulating clothing for all weather - layering works well, no cotton. (*temps can range from -20 to +10*)
- Gloves, + 1 extra pair (proper winter-weight style. Gloves work best for using shovels, mitts are warmer)
- Extra over-mitts if weather conditions are very cold (below -20)
- Hand warmers
- Gaiters to fit over boot cuffs (if needed, unless your pants have built-in gaiters)
- Warm "puffy" jacket/parka for rest breaks
- 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 (supplied by CWMS if requested)
- Avalanche transceiver (supplied by CWMS if requested)
- Avalanche Probe(supplied by CWMS if requested)
- Snow Saw (supplied by CWMS if requested)
- Clothing and footwear for classroom sessions before and/or after the course if needed.
- 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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