



## Canada West Mountain School - [www.themountainschool.com](http://www.themountainschool.com)

### EQUIPMENT LIST – MOUNTAINEERING DAY TRIPS

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

- **Boots:** Full-leather or plastic mountaineering boots. If leather, they must be stiff soled and broken-in.
- **Crampons:** Step in crampons preferred. Ensure they are adjusted properly to your boots before the field sessions.
- **Backpack:** A 35-40 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 climbing style pant (fleece, Schoeller, synthetic, etc)
- **Gaiters:** Ensure they fit over your climbing boots (not required if your pants have built-in gaiters).
- **Gloves:** Medium weight gloves - wool, synthetic or fleece gloves
- **Overmitts or overgloves:** Much time will be spent working in the snow so waterproof shells are essential
- **Personal clothing layers:** Shirt, sweater, vest, socks, etc – make sure they are synthetic or wool blend – 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 and either are full wrap or have side-shields
- **Headlamp**
- **Sunscreen:** Minimum 30 spf
- **Insect repellent**
- **Water bottles/Hydration system:** Hydration systems are great for the approaches, but a water bottle is best for climbing

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

- **Ice ax:** Mountaineering ax, approx. 60-80 cm depending on your height
- **Climbing harness:** seat harness only
- **Helmet:** CE approved climbing helmets only
- **Locking carabiners (3):** preferably one “pear” shaped belay ‘biner
- **Belay device (1):** plate style device only, no “auto-belay” devices

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 (rentals available)

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 crampons – please confirm with our office.