



WINTER DAY TRIP EQUIPMENT LIST

**Basic equipment for all winter day trips**

- \* Skis, boots, poles and climbing skins for backcountry *touring* – Alpine Touring or Tele, preferably mid-fat or wider skis
- \* For snowboarders – snowshoes or split board w/skins; also, pack must be capable of holding board and shoes.
- \* For snowshoers - 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 – proper ski gloves are best (1 pair, plus 1 pair extra)
- Gaiters to fit over boots (1 pair, unless your pants have built-in gaiters)
- Warm jacket or sweater – wool, fleece or down - 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)
- Note pad and pencil (optional)
- Knife (1 small Swiss Army style)
- Lunch – prepare a lunch that is easy to snack on throughout the day
- G3 Shovel supplied by CWMS if needed
- SOS Avalanche transceiver supplied by CWMS if needed
- G3 Probe supplied by CWMS if needed
- G3 Snow Saw supplied by CWMS if needed

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)  
Coast Mountain Sports, 2201 West 4th Avenue, Vancouver 604-731-6181  
Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858 (rentals available)  
Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)

Discuss this list with your guide/instructor or with our office staff ***in advance*** of your outing 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. Plan on alternating between traveling up with minimal layers of clothing on, and heading down in cooler conditions, so your clothing should be as efficient as possible to modify.

**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.