



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

### SUMMER CREVASSE RESCUE COURSE EQUIPMENT LIST

#### Basic equipment for Crevasse Rescue Courses

- General mountaineering boots suitable for travel on snow
- Crampons - preferably flexible, adjusted to your boot (may not be required - based on current snow conditions)
- 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 – same as above (ones with full zips for venting while going uphill are ideal)
- Personal insulating clothing for all weather - layering works well, no cotton
- Warm jacket or sweater – wool or fleece, no cotton
- Gloves suitable for working in wet snow (gloves are better than mitts for rope management)
- Extra Gloves
- Gaiters to fit over boots; or, built-in gaiters on your pants.
- Toque/warm hat – wool or fleece
- Hat with sun visor (baseball cap, etc.)
- Sunglasses with 100% UV blockage
- Ski goggles (optional, depends on weather conditions in the alpine)
- Headlamp – small size with fresh batteries
- Water bottle or Thermos - minimum of 1 litre
- Lunch – prepare a lunch that is easy to snack on throughout the day
- Compass & map in waterproof bag – (optional; #'s to be detailed at pre-trip meeting)
- Note pad and pencil
- Misc personal items - sunscreen, insect repellent, personal 1st aid kit, notebook, camera, etc

#### Technical Equipment - minimum requirement (if you have extra gear please bring it along)

- 7mm accessory cord - 2 x 5 metre lengths, different colors ideally. A soft/supple 7 mm cord is better than a stiff cord.
  - 1 x 1.75 metre length of 7 mm accessory cord
  - 1 x 120 cm sewn webbing sling, full strength (20 kN's)
  - CE approved Seat-Harness
  - Mountaineering ice axe
  - CE approved climbing helmet
  - 4 locking carabiners
  - 3 non-locking carabiners
  - 1 belay device
- All technical group safety gear of ropes, pulleys, snow and ice anchors, etc will be supplied by Canada West Mountain School. Please feel free to bring along any extra gear of your own that you have as well in order to become familiar with your own kit.

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!

Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858 (rentals available)

Mountain Equipment Co-op, 212 Brooksbank Ave North Vancouver, 604-990-4417 (rentals available)

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

Climb On Equipment, Squamish 604-892-2243

Discuss this list with your instructor 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 alpine 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