



Canada West Mountain School - Avalanche Course 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 Avalanche Courses

- * Skis, boots, poles and climbing skins for backcountry *touring* – Alpine Touring or Tele, ideally mid/fat skis
 - * 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*
- 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 (ones with full zips on legs are nice)
- Personal insulating clothing for all weather - layering works well, no cotton. (*temps can range from -20 to +10*)
- Gloves + extra pair (proper winter-weight style gloves)
- Hand warmers and extra mitts if weather conditions are very cold
- Gaiters to fit over boot cuffs (if needed, unless your pants have built-in gaiters)
- Warm "puffy" jacket/parka for rest breaks and during teaching sessions
- 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
- Avalanche transceiver
- Avalanche Probe
- Snow Saw (supplied by CWMS)
- Clothing and footwear for classroom sessions before and/or after the course
- 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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