



OVERNIGHT SKI TOURING EQUIPMENT LIST

Basic personal equipment for all trips

- Skis, boots, poles and climbing skins:** for backcountry *touring*
- Ski crampons** (condition-dependent, please contact office in advance to discuss)
- Helmet** suitable for skiing (helmet use is recommended for all downhill skiing activities).
- Outerwear jacket** waterproof/breathable type with hood (Gore-tex, etc.)
- Outerwear pants** waterproof/breathable pants. Full zips are ideal for venting purposes
- Personal insulating clothing** for all weather - layering works well, no cotton.
 - Base layer for top and bottom (1 each)
 - mid-weight pants suitable for skiing
 - lightweight sweater/mid layer for top
 - Softshell (fleece) jacket
 - Insulated "puffy" jacket, synthetic or down
 - 2 pairs socks
- Gloves or mitts** with removable wool or synthetic liners. Bring 1 pair, plus 1 pair extra.
- Toque/warm hat** wool or fleece
- Hat with sun visor** (baseball cap, etc.)
- Sunglasses** with 100% UV blockage
- Ski goggles**
- Headlamp** small size with fresh batteries
- Water bottle** 1 litre minimum (no hydration systems as these are likely to freeze)
- Small thermos** optional but very nice to have a hot drink on a cold day!
- Compass & map** (optional, contact office for map #'s)
- Note pad and pencil** (optional)
- Knife** small pocket-knife or multi-tool
- Matches or lighter**
- Avalanche Safety Gear** Shovel, Transceiver and Probe (supplied by CWMS if required)
- Snow Saw** (supplied by CWMS if required)

For overnight trips add the following

- Backpack** internal; large enough to hold overnight gear, approx. 60 – 70 litres
- Sleeping bag** synthetic or down good to –10 to –15 degrees Celsius. Synthetic is better for wet conditions; down is lighter and less bulky.
- Sleeping pad** closed-cell foam, or thermarest style
- Camp boots** lightweight slipper-style booties for around camp (optional)
- Personal kit** (toothbrush, toilet paper, candles, etc.)
- Eating utensils** (cup, bowl, spoon)

Equipment required for communal use on overnight trips (these items may be shared among the group)

- Winter season tents** (supplied if needed)
- Small gas stoves and fuel** (1 per 3 people, supplied if needed)
- Cooking sets** (2 pots per 3 people, supplied if needed)

If you *need to purchase or rent equipment*, please contact stores well in advance 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 ensure you are prepared for the field session. Remember that this is a list of *minimum* requirements for a comfortable winter overnight trip.