



WINTER CAMPING EQUIPMENT LIST

Basic personal equipment for all trips

- Skis, boots, poles and climbing skins for backcountry *touring*; or, snowshoes and poles, with proper winter boots
- Outerwear jacket – waterproof/breathable type with hood (Gore-tex, etc.)
- Outerwear pants – waterproof/breathable (Gore-Tex style) 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 or tights 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 1pair, 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
- Small thermos - optional but very useful
- Compass & map (optional, contact office for map #'s)
- Note pad and pencil (optional)
- Knife - small pocket-knife or multi-tool
- Matches or lighter
- Avalanche Shovel, transceiver and Probe (supplied by CWMS if required)
- Snow Saw (supplied by CWMS if required)

Overnight gear

- Backpack – internal; large enough to hold overnight gear, approx. 60 – 70 litres
- Sleeping bag – synthetic or down filled; 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
- Lightweight camp booties for around camp (optional but very nice to have)
- 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 (1per 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.