SKI MOUNTAINEERING EQUIPMENT LIST

Basic personal equipment
- Skis, boots, poles and climbing skins: for backcountry touring, AT gear or Telemark are acceptable
- Avalanche Safety Gear: Transceiver, Shovel and Probe
- Ski crampons: Must be specific to your skis/binding
- Helmet: suitable for skiing (helmet use is recommended for all downhill skiing activities).
- Crampons: General mountaineering crampons. Ensure they are adjusted properly to your ski boots before the trip.
- Backpack: An internal frame backpack with a capacity of 60-80 litres will allow you to carry all your gear.
- Outerwear jacket: An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants: waterproof/breathable shell, non-insulated. Full zips are ideal for venting and ease of on/off with boots on
- Personal clothing layers: layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices.
  - Base layer for top and bottom (1 each)
  - mid-weight softshell climbing pants (Arcteryx Gamma, MEC Ferrata, etc)
  - lightweight sweater/mid layer for top
  - Softshell jacket
  - Insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions
  - 2 pairs socks & 2 pairs underwear
- Gloves: warm mountaineering or ski gloves with removable liners. Bring 1 pair, plus 1 pair extra liners, or 2 pair of gloves.
- Toque/warm hat: wool or fleece
- Hat with sun visor: baseball cap, etc.
- Sunglasses: must have 100% UV blockage and ideally provide full protection with wrap-around style, or side shields
- Ski gogles:
- Headlamp: small size with extra batteries
- Water bottle/hydration system: 1 litre minimum, 2 litres is ideal. For hydration/hose systems use insulated hoses to reduce freezing
- Small thermos: optional, but very nice to have a hot drink during the field days!
- Compass & map: pack maps in waterproof bag. Contact your Guide/CWMS Office for map # in advance

Camping Equipment
- Sleeping bag: Synthetic or Down, rated to at least −15 degrees Celsius (unless current conditions require a colder rating)
- Sleeping pad: Therma-rest style inflatable, or closed cell foam (Ensolite style) or combo of the 2
- Eating utensils: cup, bowl, spoon
- ** Food as required: Please consult with your Guide/CWMS Office staff in advance if you need assistance in planning
- ** 2-3 person winter tents: as necessary, suitable for winter conditions
- ** Gas stoves: include matches/lighter, basic stove-specific repair items, small platform or base for the stove
- ** Cooking sets: bring pot sizes that are appropriate to the meals and groups size

Technical Equipment
- Ice Axe: General Mountaineering ax 60-70 cms length
- Climbing seat harness: CE approved climbing harness
- Climbing Helmets: CE approved climbing helmet or ski helmet is acceptable for the Ski Mountaineering activities
- Carabiners: 4 locking and 2 non-locking
- Belay device (1): ideally a device that can be used for descending and belaying such as a Black Diamond "ATC"
- 7mm accessory climbing cord: 2 x 5 metre length, and 1 x 1.75 metre length; used for rope rescue and personal climbing systems
- Sewn webbing climbing sling (120 cm, full strength of 20+ kN's): Used for personal climbing systems and anchors

Please discuss this list with your Guide/Instructor, or with our office staff in advance, to make sure you are prepared for the field session. If you need to purchase or rent equipment, make sure to contact stores well in advance to ensure that what you require is available!