Canada West Mountain School - www.themountainschool.com

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 1pair, 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 goggles:**

☐ **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

☐ **Lightweight camp booties/shoes:** Optional, yet really nice for around camp after a day in the ski boots

☐ **Knife:** Small folding style knife or multi-tool

☐ **Personal kit:** (sunscreen, toothbrush, toilet paper, foot-care supplies, candles, etc.) Keep kit to a minimum and bring only essentials

☐ **Note pad and pencil:** optional

Camping Equipment we encourage participants to share **starred items such as tents, stove, food, etc to save on weight

☐ **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 Please let your Guide/CWMS office know in advance if you require any of the following:

☐ **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!

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