



**DAY HIKING EQUIPMENT LIST**

**Personal equipment** (*This is considered a basic list, please consult our office for more details or if you have any questions*)

- Boots:** Sturdy hiking boots or hiking shoes, broken-in and waterproofed.
- Backpack:** A 25-40 liter capacity daypack will allow you to carry all your gear
- Jacket:** An outer layer waterproof-breathable shell jacket with hood - Gore-Tex style
- Outer shell pants:** Lightweight waterproof pants, full leg zippers are ideal to allow ease of on/off - Gore-Tex style
- Gaiters:** Ensure they fit over your hiking boots (optional - good for keeping snow, water and debris out of boots).
- Gloves:** Medium weight gloves - wool, synthetic or fleece gloves
- Personal clothing layers:** Shirt, sweater, vest, socks, etc – make sure they are synthetic or wool blend – preferably no cotton.
- Warm jacket:** Medium weight puffy-style, fleece or wind-stopper
- Toque/warm hat:** Wool or fleece style insulating hat
- Hat:** With sun visor or full brim e.g. baseball cap, etc. (1)
- Sunglasses:** Ensure they block 100% UV and either are full wrap or have side-shields
- Headlamp**
- Sunscreen:** Minimum 30 spf
- Insect repellent** – optional depending on season
- Water bottles/Hydration system:** minimum 1 liter (2+ liters for extended treks)
- Walking poles** – ski poles or collapsible walking poles (optional, helpful for long treks and big descents)
  
- Misc items to consider:**
  - camera
  - thermos and hot drinks
  - pocket knife
  - binoculars
  - map and compass (contact our office for Map # details)
  - insulated sit-pad

All other safety equipment and First Aid supplies will be supplied by your Canada West Mountain School trip leader.

Here are a few stores in the lower mainland region that supply good service and quality outdoor equipment. 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!

Climb On Equipment, Squamish 604-892-2243

Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858 (rentals available)

Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)