



MOUNTAINEERING COURSE EQUIPMENT LIST

Basic personal equipment

- Boots:** Mountaineering boots, or sturdy backpacking boots. Plastic mountaineering boots are acceptable but heavier.
- Crampons:** General mountaineering crampons. Ensure they are adjusted properly to your 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.
- Gaiters:** ensure they fit over your mountaineering boots
- 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:** optional, useful if there is a snowstorm or very windy
- 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 shoes:** Optional, yet really nice for around camp after a day in the mountain boots
- Knife:** Small folding style knife or multi-tool
- Personal kit:** (toothbrush, toilet paper, foot-care supplies, candles, etc.) Keep kit to a minimum and bring only essentials
- Sunscreen:** Minimum 30 spf
- Insect repellent**
- Note pad and pencil:** optional
- Hiking pole(s):** Optional yet useful for the approach and descent to/from your base camp

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

- Sleeping bag:** Synthetic or Down, rated to at least -5 degrees Celsius (unless current conditions require a colder rating)
- Sleeping pad:** Thermo-rest style inflatable, or closed cell foam (Ensolite style)
- 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 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
- Carabiners:** 3 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!