



Canada West Mountain School

Experts in adventure since 1982

www.themountainschool.com

EQUIPMENT LIST FOR ROCK CLIMBING PROGRAMS

The following is a list of *minimum equipment* required on all CWMS Rock Programs

- Footwear - lightweight hiking shoes/runners for approaches to the climbing sites. Please avoid using sandals.
- Day-pack (big enough to hold all your gear plus climbing ropes and equipment)
- Outer layer rain jacket - Gore-Tex style
- Comfortable clothing for climbing outdoors in a variety of weather conditions (no jeans)
- Sunglasses
- Fleece jacket or sweater
- Sunscreen
- Insect repellent (keep in Ziploc bag away from any climbing equipment)
- Personal 1st aid (small blister kit, personal medications, etc.)
- Misc. personal items (camera, journal, etc.)
- Drink bottles - minimum 1 litre
- Please also bring a lunch, drink & snacks, as you will not be able to return to your vehicle or a restaurant for lunch.

- Technical equipment (*please notify Canada West Mountain School office if you require any technical gear*):
 - Climbing harness – CE approved seat harness only
 - Helmet – CE approved climbing helmet
 - Rock climbing shoes
 - 1 locking carabiner
 - 1 belay device

All other technical equipment supplied by CWMS:

- Ropes, anchor material, climbing rack, hardware, etc.

Please go over this list before the course to ensure that you are properly prepared. Contact our office if you have any questions, and we can suggest places for you to purchase or rent if needed. Keep in mind that you will be spending all of your time outdoors and that the weather can vary from one extreme to the other.

The course will be conducted regardless of weather conditions, so prepare for anything!

Canada West Mountain School

240 - 400 Brooksbank Ave, North Vancouver, BC V7J 2C2

604.878.7007 – 1.888.892.2266

info@themountainschool.com