



## Canada West Mountain School - Avalanche Course Gear List

Discuss this list with your instructor or our office staff in advance to make sure you are prepared for the field session. This is a list of *minimum requirements* for a comfortable winter day trip. On these courses you will be alternating between traveling and teaching sessions, so plan your clothing to be as efficient as possible.

### Basic equipment for all Avalanche Courses

- SKIERS:** touring skis w/Alpine Touring (AT) or Tele bindings; boots; poles w/powder baskets; climbing skins
- SNOWBOARDERS:** splitboard; climbing skins; collapsible poles w/powder baskets
- SNOWSHOERS:** snowshoes; ski poles w/powder baskets; winter boots suitable for walking in deep snow
- Daypack:** large enough to hold extra clothes, food, shovel, probe, etc. Approx. 30 litres for day trips
- Outerwear jacket:** waterproof/breathable type mountain shell w/hood (Gore-tex, etc.)
- Outerwear pants or bib-pants:** same as above (ones with full zips on legs are nice)
- Personal insulating clothing for all weather:** layering works well, no cotton. (temps can range from -20 to +10)
- Gloves:** proper winter-weight style gloves + extra pair. Hand warmers and extra mitts if conditions are very cold
- Warm "puffy" jacket/parka:** for rest breaks and during teaching sessions
- Toque/warm hat:** wool or synthetic. If you use a helmet, a warm hat is still good for the uphill touring sections
- Ski goggles:**
- Sunglasses:** with 100% UV blockage. Ski goggles will overheat on the ascents, so sunglasses are needed as well
- Hat with sun visor:** baseball cap, etc. for spring conditions
- Headlamp:** small size with spare batteries
- Water bottle or Thermos:** insulated bottles are ideal, hose systems may freeze, not recommended for -5 and below
- Compass & map:** optional, contact CWMS office in advance for Map #. Store in waterproof bag
- Notepad and pencil:** for taking notes during class and in the field
- Lunch:** prepare a lunch that is easy to snack on throughout the day and can be eaten if frozen
- Personal emergency kit:** lightweight emergency blanket, lighter, whistle on pack strap, small 1st aid kit
- \*\* Collapsible Avalanche Shovel:** a proper avalanche shovel is mandatory. *Rentals available with advance notice*
- \*\* Avalanche transceiver:** a 3-antenna digital transceiver is current standard. *Rentals available with advance notice*
- \*\* Avalanche Probe:** *Rentals available with advance notice*
- Snow Saw:** optional, supplied by CWMS instructors if needed, bring yours if you have one
- Clothing and footwear for classroom:** theory sessions are classroom-based, but may include some outdoor sessions

**Please familiarise yourself with all new to you, or rented gear, BEFORE arriving. Check batteries in transceivers; how to use your bindings; make sure climbing skins fit the skis; boots are correct size.**

### **Here are a few local outdoor stores that carry good quality winter gear:**

- Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858 (rentals available)
- Mountain Equipment Co-op, 1341 Main St, North Vancouver, 604-990-4417 (rentals available)
- Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)
- Climb On Equipment, 38167 2<sup>nd</sup> Ave, Squamish 604-892-2243
- Excess Backcountry, Whistler, 604-932-6409 (rentals available)
- Escape Route, Whistler and Squamish, 604-892-3228 (rentals available)

**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! Course refunds are not available due to not finding gear rentals.**

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