



## 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 Avalanche Courses and all backcountry winter daytrips

- Avalanche transceiver:** a 3-antenna digital transceiver. **Rentals available from CWMS w/advance notice**
- Collapsible Avalanche Shovel:** proper collapsible avalanche shovel. **Rentals available from CWMS w/advance notice**
- Avalanche Probe:** 2 meters or longer. **Rentals available from CWMS w/advance notice**
- SKIERS:** touring skis w/Alpine Touring (AT) or Tele bindings; boots; poles w/powder baskets; climbing skins
- SNOWBOARDERS:** splitboard; climbing skins; collapsible poles; or snowshoes w/snowboard on pack (Seymour only)
- SNOWSHOERS (snowshoe courses only):** snowshoes; ski poles w/baskets; boots suitable for walking in deep snow
- Daypack:** large enough to hold extra clothes, food, shovel, probe, etc. Approx. 30+ litres for daytrips
- Headlamp (required emergency equipment):** small size with spare batteries
- Personal emergency kit:** lightweight emergency blanket, lighter, whistle on pack strap, small 1st aid kit, etc.
- Covid-19 Kit and PPE:** Mask or re-useable face covering; personal hand-sanitizer
- Outerwear jacket:** waterproof/breathable type mountain shell w/hood (Gore-tex, etc.)
- Outerwear pants or bibs:** same as above. Pants with full zips on legs are best for ventilation and ease of on/off
- 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:** If using a helmet, a warm hat is still needed for when you are not wearing your helmet
- Helmet (skiers/boarders only):** A helmet is recommended for all downhill skiing and boarding activities
- Ski goggles:** For skier and snowboarder courses
- Sunglasses:** with 100% UV blockage. Ski goggles often overheat on ascents, so sunglasses are needed as well
- Hat with sun visor:** baseball cap, etc. (for spring conditions and sunny days)
- Water bottle or Thermos:** insulated bottles are ideal, hose systems not recommended for below freezing conditions
- Lunch:** prepare a lunch and snacks that are easy to snack on throughout the day and can be eaten if frozen
- Snow Saw:** optional, supplied by CWMS instructors if needed, bring yours if you have one
- 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

**Please familiarise yourself with all “new to you”, or rented gear, BEFORE arriving**

Check batteries in transceivers; know how to use your bindings; make sure climbing skins fit your skis; ensure boots/binding are correctly adjusted.

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

- Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858
- Mountain Equipment Co-op, 1341 Main St, North Vancouver, 604-990-4417
- Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)
- Climb On Equipment, 37873 Cleveland Ave, Squamish 604-892-2243 (rentals available)
- 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 inability to secure gear rentals.**

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