



DAY HIKING EQUIPMENT LIST

Personal equipment

This is considered a basic list of essentials for a comfortable day out. Please consult our office for more details or if you have any questions. Some course or programs may have additional requirements.

- 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.
- 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, 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.
- Sunglasses:** Ensure they block 100% UV and provide full coverage.
- Headlamp:** Even the best planned trip may have unexpected delays causing a return after dark.
- Sunscreen:** Minimum 30 spf.
- Insect repellent:** Keep in a double plastic bag to avoid leaking.
- Water bottles/Hydration system:** minimum 1 liter (2+ liters for extended treks).
- Walking poles:** (optional) ski or walking poles are helpful in loose or slippery conditions.
- Covid-19 Kit and PPE:** mask or re-useable face covering; and hand sanitizer.
- Personal First Aid kit:** Basic first aid and blister kit; and personal medications if relevant (*a group Emergency & First Aid kit will be supplied by Canada West Mountain School trip leader*).

- Misc items to consider:**
 - camera
 - thermos and hot drinks
 - pocket-knife or small multitool
 - binoculars
 - map and compass (contact our office for Map # details)
 - insulated sit-pad.

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

- MEC, 130 West Broadway, Vancouver 604-872-7858 (rentals available)
- MEC, 1341 Main St, North Vancouver, 604-990-4417 (rentals available)
- Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)
- Climb On Equipment, 37873 Cleveland 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 appropriate gear or rentals.