



## Canada West Mountain School - [www.themountainschool.com](http://www.themountainschool.com)

### SUMMER CREVASSE RESCUE COURSE EQUIPMENT LIST

#### Basic equipment for Crevasse Rescue Courses

Training session on Day-1 and Day-2 will involve prolonged training and practice without much aerobic activity, including periods of lying in the snow during simulations – please ensure you have extra layers to stay warm and dry!

- General mountaineering boots:** waterproof and suitable for travel on snow
- Crampons:** preferably flexible, adjusted to your boot (may not be required, confirm in advance if needed)
- Daypack:** large enough to hold all equipment plus some extra - approx. 30-40 litres for day trips
- Outerwear jacket:** waterproof/breathable type mountain shell w/hood (Gore-tex, etc.)
- Outerwear pants:** – same as above (ones with full zips for venting while going uphill are ideal)
- Personal insulating clothing for all weather:** layering works well; cotton is not recommended.
- Warm jacket or sweater:** – wool or fleece, no cotton
- Gloves:** suitable for working in wet snow (gloves are better than mitts for rope management)
- Extra Gloves**
- Gaiters:** regular gaiters, or built-in gaiters on your pants.
- Toque/warm hat:** wool or synthetic hat
- Hat with sun visor:** optional, nice to have on sunny days on the snow
- Sunglasses:** 100% UV blockage and good coverage for use on snow in the alpine
- Headlamp:** this is a standard safety equipment item; the course is not planning on returning after dark
- Water bottle or Thermos:** minimum of 1 litre
- Lunch:** prepare a lunch that is easy to snack on throughout the day
- Sunscreen:** UV damage occurs very quickly in the alpine and on snow
- Insect repellent:** pack in a ziplock or other bag to isolate from all other safety gear
- Covid-19 Kit and PPE:** mask or re-useable face covering; and hand sanitizer.
- Ski goggles:** *optional*, depends on weather conditions in the alpine)
- Compass & map:** *optional*; #'s to be detailed at pre-trip meeting)
- Note pad and pencil:** *optional*
- Avalanche shovel:** *optional*
- Avalanche probe:** *optional*

#### Technical Equipment (feel free to bring any extra gear that you have as well)

*Please let your Guide/CWMS office know in advance if you require any of the following and we will supply this:*

- Ice Axe:** General Mountaineering ax, approx. 60-70 cms length
  - Climbing seat harness:** CE approved climbing harness
  - Climbing Helmet:** CE approved climbing helmet (ski helmet is acceptable for Ski Mountaineering/Crevasse Rescue activities)
  - Carabiners:** 4 locking and 3 non-locking
  - Belay device:** ideally a device that can be used for both descending (rappelling) and belaying such as a Black Diamond "ATC"
  - 6mm or 7mm accessory climbing cord:** 2 x 5 meter length, and 1 x 1.75 meter length; used for rope rescue and climbing systems
  - Sewn webbing climbing sling:** 120 cm, full strength of 20+ kN's. Used for personal climbing systems and anchors
- All technical group safety gear of ropes, pulleys, snow & ice anchors, etc. will be supplied by Canada West Mountain School.**

Here are a few of the stores in the lower mainland region that supply good service and quality outdoor equipment. 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!

MEC, 111 East 2<sup>nd</sup> Ave., Vancouver, 604-872-7858

MEC, 212 Brooksbank Ave., North Vancouver, 604-990-4417

Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)

Climb On Equipment, Squamish 604-892-2243 (rentals available)

If you have questions, contact our office staff in advance to ensure you are prepared. You will be alternating between traveling and teaching sessions, so plan your clothing to be able to be as efficient as possible.