



Canada West Mountain School

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EQUIPMENT LIST FOR ALL **ROCK CLIMBING** CLINICS

This list will help you prepare for your clinic, please contact the Canada West Mountain School office if you have any questions. Clinics will be conducted in most weather, so prepare for any conditions!

Personal Equipment (required for all Clinics)

- Footwear:** lightweight hiking shoes/runners for approaches to the climbing sites
- Daypack:** big enough to hold all your gear and food, plus climbing ropes and equipment
- Outer layer rain jacket:** lightweight rain jacket, the weather can change quickly!
- Comfortable active-wear:** clothing layers suitable for climbing in a variety of weather conditions
- Small puffy jacket or sweater:** it can be cool and damp in shady areas or in the wind
- Sunscreen:** minimum recommended is 30 SPF
- Insect repellent:** keep separately in a Ziploc bag as it will damage ropes and synthetic materials
- Personal 1st aid:** small kit with basics, personal needs, etc. Instructors will have group 1st Aid Kits
- Drink bottles:** minimum 1 litre or more, no water is available in the climbing areas
- Lunch & snacks:** you will not be able to return to your vehicle or a restaurant for lunch.
- Covid-19 kit:** mask, or reuseable face covering; and, hand sanitizer.
- Misc. personal items:** camera, journal, sit pad/collapsible chair, etc.
- Sunglasses:** optional, good to have at many of the climbing crags though

Minimum Technical Equipment (required for all Clinics except Running and Bouldering)

- Climbing harness:** rentals available with minimum 24 hrs notice*
- Helmet:** rentals available with minimum 24 hrs notice*
- Rock climbing shoes:** rentals available with minimum 24 hrs notice*
- 2 locking carabiners:** rentals available with minimum 24 hrs notice*
- 1 belay device:** rentals available with minimum 24 hrs notice*
- 1x 120+ cm sewn sling or other safety tether/leash/PAS:** rentals available with minimum 24 hrs notice*

Additional Equipment for Advanced clinics (optional, bring it along if you have it)

- Trad lead rack:** for all Trad Lead, Alpine and Multi-pitch clinics
- Quick Draws:** for all Sport Lead clinics
- 7 mm Cordalettes (2 x 5 meters):** for Rescue clinics, also good for Alpine and Multi-pitch clinics
- 6 or 7mm Cordalettes (1 x 1.5 meters):** rappel prussik for Rescue, Alpine and Multi-pitch clinics
- 1-2 extra locking carabiners:** for all Rescue, Trad lead, Alpine and Multi-pitch clinics
- Rescue pulleys, ascenders, ratchet-pulley's, etc.:** for all Rescue, Alpine and Multi-pitch clinics

All other technical equipment will be supplied by CWMS

- Ropes, anchor materials, etc.

Rentals

(*) Starred items may be rented from Canada West Mountain School with a **minimum of 24 hours advance notice**. Please contact the CWMS office at info@themountainschool.com, with "Academy Clinic Gear Rentals" in the Subject line. Each item is \$5/day, or \$15/day for a complete kit (includes all starred items)